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inside



THE *PORTUGAL* News

Portugal's *National* Newspaper in English

3 May 2008 • Edition N° 957 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

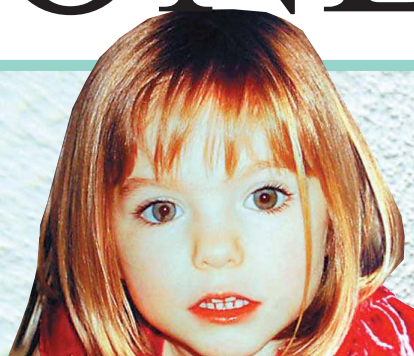
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Poll for *The Portugal News* reveals expats believe McCanns are innocent, though most say police have acted competently

ONE YEAR ON

Madeleine, see pp. 2, 4 & 72



The Portugal News Readers' Poll

1. Do you believe the Portuguese police, given the circumstances, handled investigations well into the disappearance of Madeleine McCann?

Yes = 67.33 %
No = 32.67 %

2. Do you believe Kate and Gerry McCann could have been involved in the disappearance of their daughter?

Yes = 46.53 %
No = 53.47 %

3. Do you think the British media has been fair to the Portuguese police in its reporting of the Madeleine McCann case?

Yes = 22.22 %
No = 77.78 %



Kate McCann is comforted outside the Ocean Club in Praia da Luz by a friend at 9am on the morning following Madeleine's disappearance. (Photo: The Portugal News)

One year on

This Saturday marks a year since the mysterious disappearance of Madeleine McCann. Much has changed since May 3rd 2007, most notably, the shift away from the village of Praia da Luz.

Not so long ago, posters of Madeleine could be seen in every shop window in this otherwise sleepy little village. Finding one now is almost like a treasure hunt, in what is perhaps the clearest indication yet that the people of Praia da Luz want to move on from the tragedy involving what remains the essence of this story, the disappearance of a toddler days short of her fourth birthday.

International media, mostly from Britain, were expectedly back in the Algarve this week. Around a dozen British newspaper journalists and photographers have returned to familiar territory, after their lengthy stays here were abruptly ended in March, largely as a result of the £550,000 out-of-court settlement deal between the McCann family and the Express Group of Newspapers.

The media circus, though nowhere near that experienced throughout the summer of 2007, is set to remain in Praia da Luz for at least the next fortnight, which will see the celebration of Madeleine's fifth birthday, and also mark a year since police emphatically swooped on a villa located fewer than a hundred metres from the apartment where Madeleine went missing. This police action resulted in Robert Murat, who lives in the house



Gerry and Kate McCann surrounded by the press as they release 50 balloons at 2 pm on the beach at Luz Bay to mark 50 days since the disappearance of their daughter Madeleine. (Photo: The Portugal News)

with his mother, being constituted the case's first *arguido*, which by definition, means "a

person of interest to the inquiry", though "formal suspect" has become the widely accepted translation of a Portuguese word known by half of Britain.

The story shifted away from Portugal at the beginning of September, when Kate and Gerry McCann were sensationally declared *arguidos* by Portuguese police.

Television documentaries done since, such as the reputed BBC Panorama piece in November, and Wednesday's marathon two-hour production for ITV,

focused only minimal attention on Portugal.

In both, the McCanns were the unwilling stars (though some observers would disagree) and in the latter programme, fewer than three days were spent gathering footage at the site of Madeleine's disappearance, which is a drop in the ocean when it is borne in mind filming started back in January.

In the documentary, the McCanns explain they had considered taking their children out to dinner with them the night Madeleine went missing.

They had contemplated visiting the Millennium restaurant, located about five hundred metres from their holiday apartment, but decided against this as their children were tired and they had no buggies, opting instead to dine at the nearby tapas bar.

Ironically, had they visited the Ocean Club resort this year, they

would have been unable to dine there, as closing time has been brought forward to 6pm, and will only be extended to 7pm for the summer.

Madeleine, One Year On: Campaign For Change, showed the McCanns at their home in Rothley, Leicestershire, and accompanied them to Brussels and Washington, as they campaigned for an EU-wide alert system for missing children.

While family members have made mention of a police deal in the past, this was the first occasion that Kate indicates that she was offered a light sentence in exchange for confessing to her daughter's accidental death.

She also attacks the Portuguese police for attempting to smear them, especially in what she says were deliberate leaks to the press to discredit them.

Kate and Gerry agreed to do the programme as it would promote their campaign to have an EU-alert system employed for missing children, but had no editorial control, except for telling the makers not to film twins, Sean and Amelie.

No payment was made to the McCanns, but a £10,000 donation was made to the Find Madeleine campaign fund.

In the meantime, Praia da Luz struggles to return to normality, though locals are adamant that the notoriety gained by the village is fast disappearing.

Luísa João, who works at the Praia da Luz Parish Council, told **The Portugal News** that the village's recovery is complete.

"I believe Praia da Luz has recuperated from what happened last year, at least those working in tourism say things are looking good and figures point to a good year. The only thing that is keeping

Madeleine, see p. 4

THE PORTUGAL News



ANGLOPRESS
Edições e
Publicidade, Lda

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Postal address: Apt 13 8401-901 Lagoa
Courier address: Rua Município de S. Domingos • Urb. Lagoa
Sol • Lote 3 r/c • 8400-415 Lagoa

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Web: www.the-news.net

Newsdesk Tel: 707 500 655
Classified Tel: 707 500 646
Sales Fax: 707 942 053
sales@the-news.net

Distributed nationally by VASP

Member of **apct**

The Portugal News is owned and published by:
The News Group of Newspapers Inc. Depósito Legal Nº 80258/94
Printed by: MIRANDELA Gráfica, Lisbon
Print Run (Tiragem): 24,304

Publisher: Paul Luckman publisher@the-news.net
Editor: Brendan de Beer newsdesk@the-news.net
Production: Madeline Luckman copy@the-news.net
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A vida inspira-nos

Madeline, from p.2.

ing Luz from looking even better are the road works, which are not yet complete!

Comparing 2008 with last year, she believes things have actually improved. However, she believes the declaration of the parents as *arguidos* has helped the village regain its reputation as a tranquil and safe place for families: "There are already a lot of tourists about, but no longer is there a sense of fear like we felt last year, when parents would walk around literally carrying their children through fear of them disappearing, as everyone believed Madeleine had been kidnapped. Since all the mess came out and people started believing the family may have been involved, they are not as frightened".

Sylvia Batista, an employee at the Ocean Club resort, told *The Portugal News* how, in her opinion and inside the resort, nothing much has changed since last year.

"It is still too early on in the season to say how things are going to go, but everyone is ready and looking forward to another good season".

She reflected, "Of course Madeleine is not a forgotten topic, because the press never really left Praia da Luz, there is always someone about, but things calmed down and eventually everything returned to normal".

On a wider scale, the chairman

of Algarve Hotels and Resorts (AHETA) Eldérico Viegas, told *The Portugal News* on Wednesday that Madeleine's disappearance was not necessarily associated with the Algarve as a whole.

"The Maddie case was awarded extensive coverage, but most people did not relate the case with the region. Last year was a very good year for tourism, with the number of tourists for the area almost doubling initial forecasted figures.

"This year demand for the region has dropped, but I don't believe it is related to Madeleine, as there are many factors to consider, such as international economic difficulties," said Mr Viegas.

A real estate agent who preferred to remain anonymous, said Madeleine's disappearance has not affected local property sales, claiming people have not been put off investing in the area and they "realise what happened was not Luz's fault".

He also described the area as "safe", justified by the fact "it does not even have its own police station".

Last year, in an exclusive interview given to *The Portugal News*, the sole police spokesman the case has known admitted: "It is possible we will never find Madeleine".

He also explained that "investigators could already have an idea as to what happened, but they need to prove their theories. That is what counts.

"We need to provide evidence.

We can even be certain of what happened, but if we can't supply the evidence to a court of law then what we believe is meaningless."

Regarding the sniffer dogs sent over from the UK, Mr Sousa said he could not comment on what the two British dogs detected in the apartment.

However, later in the interview he explained that one of the dogs "Smells death in a very specific context. Very short term - within the first minutes or first hour. It would have been stupid on our part not to have used this dog." Concerning police leaks, for which the police have been vehemently criticised, he explained: "They are undesirable. But it is difficult to establish who these 'leaks' are or where they are coming from. Information is probably not leaked on purpose. I believe sometimes things are said at an informal lunch after which a friend tells a friend who knows a journalist. But there's no doubt, these leaks do complicate my job."

When questioned over contradicting testimonies given by the so-called Tapas 9 during police questioning, he explained: "Contradictions in witness reports are normal. People are on holiday, relaxing and having a meal. The last thing on their minds is that something bad is about to happen.

When confronted with a disappearance, it is normal that different versions are given. Eye-witnesses vary in their credibility, some people are more observant



Kate McCann being taken into the PJ for questioning on September 6th. Kate was questioned separately from her husband and they were later both made *'arguidos'*.

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Maddie cop to sue 'defamatory' newspapers



Gonçalo Amaral, the Portimão PJ Inspector and coordinator of the Madeleine McCann case, has announced he is going to sue any media publisher who 'directly or indirectly' defamed or insulted him during the reporting of the case.

This was confirmed by Amaral's lawyer António Paulo Santos, who said "Everyone who directly or indirectly insulted, defamed or put his honorability in question in the press will be sued".

Words used to describe the inspector such as 'drunk, womanising, sleazy and torturous', were given by his lawyer as examples of 'offensive reporting'.

Gonçalo Amaral, former coordinator of the investigation into Madeleine McCann's disappearance,

recently requested early retirement from the PJ after he alleged he did not have "the conditions to continue".

His lawyer explains: "He wants to leave because he was personally attacked with regards to his professional role and the police force did not defend him as it should have".

António Paulo Santos added that after 20 years in service with the PJ police, Inspector Amaral "feels isolated".

The lawyer also denied Amaral as "cold, astute and an actress", as reported by

good contacts back in Britain".

His view, back in July of Kate and Gerry McCann? "I don't even think of criticising the parents.

They have enough problems as it is, it cannot be at all easy to be living with this daily uncertainty."

Spanish newspaper *El Mundo*, saying it was a "complete lie".

In the meantime, Gonçalo Amaral has promised he will write a book about the ins and outs of the investigation into Madeleine McCann's disappearance, a type of "narrative of the story of someone who has lived within the investigation, as well as of all the facts surrounding it".

No date has been confirmed for the release of the book, the lawyer António Paulo Santos said it could be "during this summer".

Fire rages through respite home, kills two



A badly extinguished cigarette is believed to be the cause of a fire that broke out in a five-story welfare apartment building in Lisbon on Tuesday, sweeping through the building killing two elderly persons and injuring 27 in the process.

Fire chief Lt. Col. Carlos Fernandes told the Lusa News Agency the blaze broke out before dawn in the third-floor apartment of an 82-year-old woman, who was killed, and spread to the two upper floors.

The cause of the fire, which was put out in about 90 minutes, was not immediately known, Fernandes said, adding that the age of the building and its location in an old quarter of narrow streets

had complicated firefighting efforts.

Police launched an investigation into the blaze at the residential centre run by the Social Security Service.

Officials said that seven of the 27 injured required special care.

However, later the same day the manager of the respite home, said the origin of the blaze could have been a cigarette that was not put out properly by one of the



An elderly woman talks to locals next to the building which caught fire on Tuesday causing the deaths of two women. (Photo: Lusa / André Kesters)

Long weekend joy halted by traffic

On Sunday the network of Portuguese roads were jam packed and, together with accidents, GNR were not able to rest. Between Friday and 20h30 Sunday, ten fatalities were registered on Portuguese roads.

On the first two days of the mini-holidays there were 352 car accidents, resulting in six deaths (the remaining four

happening on Sunday), twelve serious and 121 minor injuries.

Heavy traffic on Sunday was most intense on the A2 motorway in the north direction, mostly on the 25 Abril Bridge and Grândola, where queues were up to seven kilometres long.

Other critical points were the A1 (North Motorway) in direction of Lisbon and the A23.

two elderly women who were killed.

"This is what happens. A resident smokes a cigarette she cannot put out", said Maria José Relvas, who also explained the top three floors of the building were completely floored in wood.

She continued, "I can't affirm that is exactly what happened, because I'm not an expert, but it seems like the obvious situation".

According to reports, at around 02h00 a security guard made his way to an apartment

where an elderly woman lived, after a fire alarm was activated.

Despite trying to extinguish the fire internally with a fire extinguisher, he eventually gave up and opted to call the fire brigade as no progress was being made.

It is thought some time was

wasted as the first call was not put straight through to the correct department.

The home's safety plan has since also been brought into question. Director Maria José Relvas conceded some changes to the plan were necessary.



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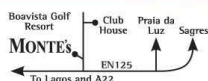
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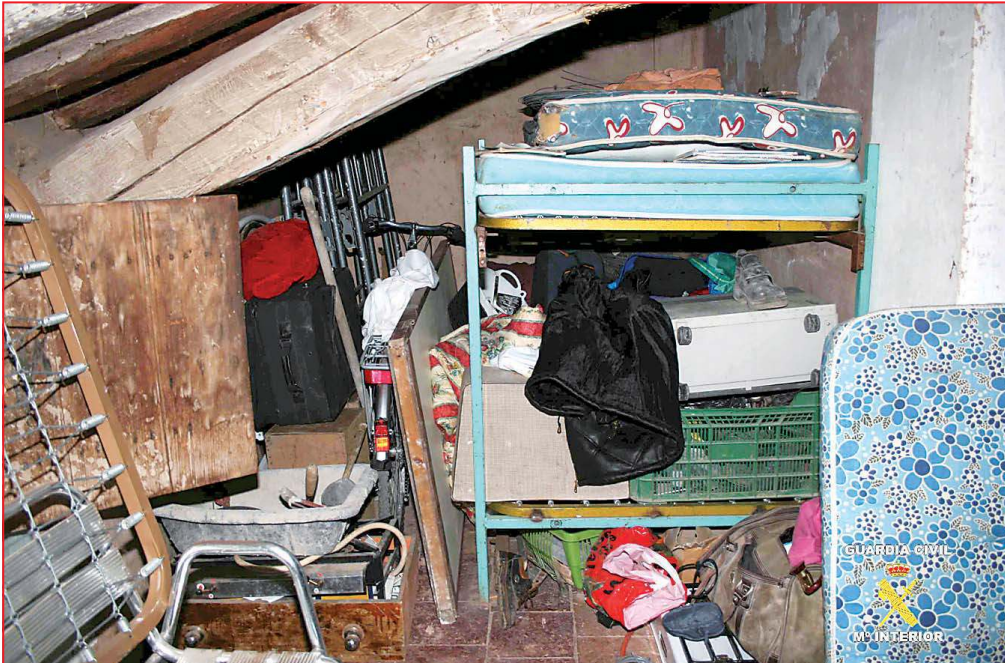
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Joint swoop to arrest alleged exploitation gang



A room in a house in Tricio, La Rioja which was investigated during the arrest of 26 people on exploitation charges. (Photo: Lusa / Guardia Civil)



Police in Portugal and Spain have arrested nearly 30 people suspected of operating a network that allegedly exploited over 3,000 Portuguese nationals who were enticed to work in northern Spain.

Some 26 Portuguese and two Spanish citizens were arrested last week in a joint operation by Portugal's Judicial Police (PJ) and the Guardia Civil, PJ spokesman Antonio Pereira said at a press conference in Oporto.

The suspects, remanded in custody after appearing before judges, face a range of charges including abduction, people trafficking and money laundering.

Spanish police said many of the Portuguese workers, were sometimes just given huts to live in by their employers, had poor schooling, alcohol or drugs problems and were living in "precarious" conditions.

Most of those allegedly exploited by the gang came from deprived areas of Oporto and problem families, police said. They were promised high wages

in Spain, but ended up working long hours for wages of around 700 euros monthly.

But although bank accounts were opened for the Portuguese migrants by their employers, workers had no access to their accounts and faced deductions for accommodation costs and other "services" provided by their unscrupulous employers including prostitution and drugs, police stated.

Efforts to break up the alleged Iberian trafficking and exploitation network began in 2005, and were led by Eurojust, set up by EU member states in 2002 to combat cross-border organised crime in the bloc.

Two members of the alleged trafficking gang are believed to be in Switzerland, police said.

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Portuguese to be replaced by Brazilian?



A proposed language change replacing hundreds of Portuguese words with Brazilian spelling is causing controversy amongst staunch defenders of the native language. Whilst the Government is, on the surface, in favour of the change, some natives are voicing their anger.

Respected poet Vasco Graca Moura, who is among those leading the charge against the changes, protested saying "There is no need for us to take a back seat to Brazil".

Portuguese is the official language for some 230 million people worldwide.

The change is comparable to making the British adopt American spelling, but advocates defend the benefits, including easier Internet searches in Portuguese and uniform legalese for international contracts.

For example, the proposed changes would match spelling more closely to the way words are pronounced by removing silent consonants, as Brazilians do, 'optimo' (great) would become 'otimo', and 'ação' (action) would become 'açao'.

Portuguese officials hope it can advance an old ambition of getting Portuguese adopted as an official language at the United Nations, which currently has six.

The alphabet as it stands would expand to 26 letters by adding k, w and y, to accommodate words like 'kilometro' and 'kwanza,' the Angolan currency.

New rules on hyphens and accents would change 'autoestrada' (highway) to 'autoestrada.'

Only about 2,000 words out of the 110,000-word Portuguese vocabulary would be affected and modifications are to be adopted by all seven countries, but three-

quarters of the changes fall on Portugal.

In Brazil, independent of Portugal since 1822, some sympathize with the mother country's wounded pride.

Academic adviser for the Museum of the Portuguese Language in Sao Paulo, Ottaviano de Fiore, said "It's natural there is resistance. We used to be the colony, and all of

a sudden we are the ones colonizing them. That's going to be strange."

Eighty five-year-old José Saramago, Portugal's only Nobel literature laureate, took a more moderate stance by saying "We have to get over this idea that we own the language".

"The language is owned by those who speak it, for better or for worse."

Sócrates 'Puerto Rico PM' on who's who list

A Spanish company, Prisa, which has compiled a list on the Internet of important people in the world (WIP-Web Important People) has listed Sócrates as Puerto Rico's Prime Minister.

The list (www.lalistawip.com), that has been online since February, uses artificial intelligence to read and analyse all pages visited on the web and put in order, through statistical techniques, the individuals that are most searched for.

The WIP list has global and national rankings, also allowing people to view the

results under different themes.

Portugal's list is lead by Cristiano Ronaldo (38th in the world list) with over 20 million references, followed by Figo (129th) and José Saramago (1,414th). Sócrates (3,069th) does not appear on the Portuguese list, but on the Puerto Rico one instead, a mistake that probably occurred due to the closeness of the names of the countries on the list.

The five most popular people searched for on the Internet are all American: George W. Bush, Britney Spears, Barack Obama, Paris Hilton and Bill Gates.

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Portugal readying new cooperation drive with southern Africa

Portugal is pleased with the progress achieved in its relations with southern Africa and will soon unveil a new diplomatic and cultural offensive in the region, Foreign Minister Luís Amado has said.

Timor President 'forgives' assassination attempt, but won't forget

President José Ramos Horta met earlier this week with East Timorese rebel soldiers accused of trying to kill him and Prime Minister Xanana Gusmão in parallel attacks last February, saying he forgave them "as a Christian", but that they would have to stand trial.

"I simply said that justice must be done and that they must go to court and explain the reason for their action on Feb. 11, but also, who gave them weapons, uniforms, money, communications equipment and telephones throughout all these months", Ramos Horta told journalists after meeting the rebels at the Government Palace in Dili at a formal surrender ceremony.

"Even in relation to the person who tried to assassinate me, I forgive him as a Christian and as a human being", the Nobel peace laureate said, adding however, that "as a head of state" he had told the renegade troops they would have "to face justice".

The group of 14 rebels, led by Lt. Gastão Salsinha, were brought into Dili Tuesday morning under heavy escort in an 18-vehicle convoy of Timorese security forces and international and UN peacekeepers to hand over their weapons at an emotional surrender ceremony.

Among the rebels was Marcelo Caetano, the ex-soldier Ramos Horta had identified as the man who seriously wounded him during the assault on the President's house on Feb. 11.

The commander of the Timorese forces that hunted down the rebels in the Ermera mountains southwest of Dili, and other security officials, told *Lusa* earlier that Lt. Salsinha had surrendered Friday in his home village, but that he would only be brought to the capital once all his dispersed men gathered and put down their arms.

The surrender, the officials said, had involved presidential aides and Catholic Church and local officials. Ten other rebels had surrendered weeks earlier.

Salsinha, who is accused of having led the group that ambushed Prime Minister Gusmão in a second attack on Feb. 11, assumed command of the renegade troops after Maj. Alfredo Reinado was killed by a presidential guard during the attack in Ramos Horta's house.

Gusmão, who escaped that attack unscathed, did not attend the surrender ceremony as he had departed Dili Monday on an official visit to neighboring Indonesia.

Ramos Horta returned home April 17 after more than two months of surgery and treatment for his bullet wounds in Australia.

Reinado and Salsinha broke from the military in 2006 during a wave of regional-based violence that divided the country's tiny security forces and pit communal gangs against each other in rampages in Dili that displaced some 130,000 people, most of whom have yet to return to their homes.

TPN/Lusa

Minister Amado gave the upbeat report on Lisbon's ties to the Southern African Development Community (SADC) Friday after a day-long brainstorming meeting of Portuguese diplomats, businesses and other experts in the South African capital.

The seminar in Pretoria, he said, had underlined the need for improved coordination of Portugal's political, diplomatic, economic and cultural agents in the region, a zone Amado described as of the highest strategic interest to Lisbon, taking second place only to ties to the European Union and Brazil.

The government, Amado said, would soon issue "new and important orientations" for a new offensive to promote the Portuguese language and culture in the

14-nation SADC, where Portugal has a strong presence through former colonies Angola and Mozambique and through a large expatriate community in South Africa.

Lisbon was "pleased with the advances Portugal has achieved in Africa" through the "synergies" represented by the language, business know-how and other cooperation dynamics, he added.

Amado stressed the increasing need for Portugal to adopt a regional, rather than bilateral, "logic" in its relations with southern Africa, as the region moves rapidly towards economic and political integration.

He defended Portugal's decision to invite Zimbabwean president Robert Mugabe to the Europe-Africa summit in Lisbon

last December, saying the apex meeting had marked a watershed in changing relations between the two continents.

"The time is long past when Europe dictated and imposed the rules", he said.

"We must understand that the world has changed and that the relation to Africa has changed", he said, adding that African "elites" were "zealous" regarding their independence and decisive role in a solution for the continent's conflicts.

As to Zimbabwe's current post-election crisis, Amado urged Europe to "work together" with Africa in defence of shared principles, such as democracy and good governance, rather than prescribing solutions from abroad.

TPN/Lusa

Chinese freighter offloads some cargo in Angola, no word on Zimbabwe-bound arms

A Chinese vessel ferrying arms for Zimbabwe offloaded cargo in Luanda at the weekend after the Angolan government said the freighter would only be allowed to offload cargo destined for Angola.

Angola's Coordination Council for Human Rights (CCDH), citing the country's dock workers union, told the *Lusa* News Agency Saturday that "some containers" had been offloaded, but that there was "no information as to their content".

Luanda announced Friday it would allow the freighter An Yue Jiang, which earlier had been re-

fused permission to enter South African and Mozambican ports, to offload Angola-bound cargo, but not the munitions destined for Zimbabwe's security forces.

Lusa was unable to confirm details of the operations with Luanda port authorities.

The CCDH, to which the SIMA dock workers union belongs, failed in its bid earlier last week to get a court injunction against the entry of the Chinese ship into Angolan ports.

African and international opponents of the arms shipment have argued that the munitions could be used by Harare

in its crackdown against oppositionists in the country's post-election crisis.

The Chinese government had announced Thursday that the ship, which had not been reported as carrying cargo for Angola, would be recalled home due to the lack of authorizations to offload in South Africa and Mozambique.

The freighter was reported to be carrying six containers of munitions for Zimbabwe, including 3 million rounds for assault rifles, 1,500 rocket propelled grenades and 3,000 mortar rounds.

TPN/Lusa

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PORTUGUESE NOMINEE COMPANIES *Your Choices*

3 - Different Company Forms

by Dennis Swing Greene

In this series, we review your choices regarding the use of Portuguese Nominee Companies:

- 1) *Common Characteristics*
- 2) *Redomiciliation and New Companies*
- 3) *Different Versions of Companies*

The two forms of Nominee Companies, while having in common tax-efficiency, simplified bureaucracy and modest cost, differ in the following aspects:

1) *"Sociedade Civil de Administração de Bens Próprios"* - Civil Company for Administration of Owner Assets
Companies which limit their activity to the administration of belongings and assets held as a reserve, a benefit, or the purchase of accommodation for its shareholders.

PROS:

- a) *Non-Trading:*
 - i) simplified fiscal obligations;
 - ii) no "PEC" - no Special Tax Payment on Account;
 - iii) no Chartered Accountant ("TOC") required.
- b) *de facto Confidentiality* - only registered with local Notary;
- c) *Fiscal Transparency Regime* - eliminates any double taxation;
- d) *Requires no minimum share capital.*

CONS:

- a) *Redomiciliation* - registration alterations can be problematic in some Councils;
- b) *Exempt from Company Registry* - can raise security questions;
- c) *Unfamiliar to some lawyers and officials.*

2) *"Sociedade Civil sob Forma Comercial"* - Civil Company under Commercial Form
Companies that do not practice any commercial, industrial or agricultural activity, adopting the forms of general partnership, limited liability company, joint stock company or limited partnership.

PROS:

- a) *Non-Trading:*
 - i) simplified fiscal obligations;
 - ii) no "PEC" - no Special Tax Payment on Account;
 - iii) no Chartered Accountant ("TOC") required.
- b) *Standard treatment* - operates under the same rules as Commercial Companies;
- c) *Retains non-commercial purpose;*
- d) *Familiar company form* - ease of registration; straightforward mortgage application.

CONS:

- a) *Different bureaucratic steps required* (but not at extra expense);
- b) *No confidentiality features;*
- c) *May be subject to corporate double taxation;*
- d) *Minimum cash share capital of €5,000.*

As with any important long-term decision, professional guidance is key to help determine which form of Company best suits your individual requirements.

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for EUROFINESCO S.A., with offices in the Algarve and in Lisbon. Appointments may be scheduled in Guia (Albufeira) at 289 561 333 or in Lisbon (Chiado) at 21 342 4210.

EU growth – slower but resilient

Slower economic growth and higher inflation expected in the face of persisting financial turmoil and fiscal global cooling.

The European Commission's spring economic forecast sees economic growth in the EU decelerating from 2.8 percent in 2007 to 2.0 percent in 2008 and 1.8 percent in 2009. The trend for the eurozone will be similar, but at a slightly lower level of growth (1.5 percent in 2009).

This slower growth should be seen in the context of the marked

slowdown in global activity, with the US on the brink of recession, continued turbulence in the financial markets and soaring commodity prices. But the EU economy should hold up relatively well in the face of these external shocks, due to sound fundamentals.

Following rapid increases in food and energy prices, inflation is expected to rise briefly to 3.6 percent this year

(compared with 2.4 percent in 2007), before returning to 2.4 percent in 2009. Again, the Eurozone should follow this pattern, albeit at a level some 0.3pp. lower.

The labour market is also likely to feel the pinch, but 3 million new jobs are expected in 2008-09 on top of the 7.5 million already created in 2006-07.

Unemployment should bottom out at 6.8 percent in

the EU this year (7.2 percent in the Eurozone).

Following several years of fiscal consolidation by EU governments, budget deficits are projected to increase somewhat overall in the forecast period - to 1.2 percent of GDP in the EU and 1.0 percent in the Eurozone (in 2008). For 2009, based on a no-policy-change assumption, the deficit should broadly stabilise, says the EC.

Liberate your UK pension

Seminar 12th May

Exporting your UK pension fund – QROPS

UK legislation now enables expatriates with existing UK pensions to transfer them out of the UK into more tax friendly jurisdictions. This can result in increased flexibility in the manner that pensions can be taken in retirement and potentially lower the tax paid on them. UK expatriates will be able to avoid the annuity trap and leave their pension funds to their heirs on death.

Book your seminar place to find out if you can export your pension and the benefits this would achieve.

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ADVERTISERS' ANNOUNCEMENT

What Exeter Friendly Society can do for you

When you get older and move to Europe, there are so many things to consider – where to live, whether to become a resident, tax, transport and not least medical provision.

With EU reciprocal agreements in place for health, it is possible that some UK expats will qualify for medical cover, but this depends on individual circumstances. However, although the provision of state medical services are good, often as good as in the UK, the delivery of that service can suffer the same problems; too many people wanting too much attention at the same time.

John and Pauline Ralph have been members of Exeter Friendly Society since 2004 and have experienced healthcare issues first hand since living in Portugal. Here is their story:

"We have experienced the ups and downs of state healthcare during our working lives. Mostly the system did not let us down, but we did have to wait. Now that we are older we experience a few more

problems with our health, having more time on our hands but less time to wait.

When we decided to have a home in Portugal, and we have no regrets, we were both (for our age) reasonably fit. We enjoyed the sun, the relaxed way of life, the wonderful welcoming people, and of course the all year round more clement weather.

Could we afford to be naïve? We were in our sixties, we saw other expats beginning to need hospital treatment. It was available, but rightly they had to wait. Could we afford to wait? We looked at the medical insurance market available. There were so many choices!

We decided on the Exeter Friendly Society because after

the running costs, any money made by the Society is used to improve the service and benefits for their members. The premiums each year (although reflecting the overall claims experience and other cost increases), continue to be based on our age when we joined the Society, so the sooner one starts the better. People here who had reason to claim on their insurance with Exeter Friendly were satisfied.

Then Pauline became ill. As each problem was resolved, helped financially by Exeter Friendly Society, the symptoms seemed to get more severe. Ultimately, medically, we experienced the worst nightmare. A frantic rush to Lisbon by ambulance into a hospital 300 km from our home, no family or friends near at hand, and the worry of possible enormous costs. A telephone call to Exeter Friendly Society removed those fears with an immediate decision to cover financially the problem at hand.

Medical advice from the UK said it would be unwise to fly. We had no choice. From that time, Exeter Friendly Society with their wonderful, considerate staff, kept us up to

date with their end of the financial dealings, while we of course worried about medical proceedings. After five weeks in hospital, with a very serious operation and the most wonderful attentive surgeons, doctors and staff at all levels Pauline was (we were) able to return to our home in the Algarve.

There have been many follow up visits to the local hospital, all approved by Exeter Friendly Society, which they treated with the same professional concern and personal understanding.

Whilst some UK expats may be able to access state healthcare in other EEA countries, and whilst that treatment may be good, will it be available when you require it? Perhaps not.

So for Pauline and me Exeter Friendly Society provided what they said they would when we needed it most. For that we cannot thank the Society and its staff enough."

Exeter Friendly Society offers a range of plans to suit most circumstances and you can join up to age 79. As a provider of health insurance since 1927, the Society has over 80 years experience in the industry. If you are interested in finding out more about the plans available contact Exeter Friendly Society on +44 1392 35 35 35 or via the website at www.exeterfriendly.co.uk.

Transferring your UK Pension outside of the UK – QROPS

By Jane Goodall, Director – International Pensions Blevins Franks

Until April 2006 it was very difficult to legitimately move UK pension benefits, built up during a working lifetime, outside of the UK. With the introduction of Qualifying Recognised Overseas Pensions Schemes (QROPS) all that has changed. QROPS are non UK-pensions meeting the rules of the jurisdiction in which they are located and authorised in that jurisdiction as pensions.

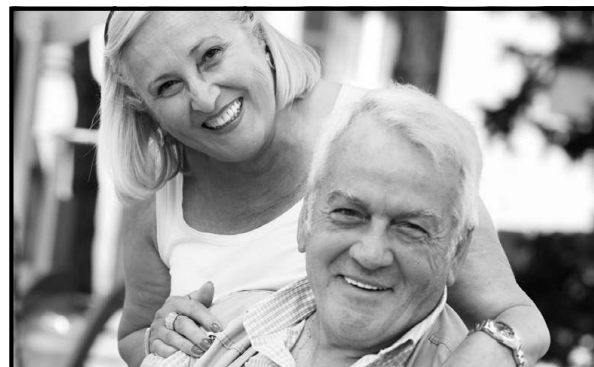
HM Revenue and Customs (HMRC), backed by primary legislation, have put in place a pre-approved system whereby UK pensions rights can be transferred outside of the UK into a QROPS at the member's request.

To obtain QROPS status, a QROPS provider must meet a number of HMRC's rules relating to how and when benefits can be taken, together with the reporting requirements for five complete tax years after the member has left the UK. Not all overseas pension schemes qualify as QROPS and therefore attempting to transfer into un-authorised schemes should be avoided at all costs. It is important to seek professional qualified and authorised advice.

In order to transfer UK pension rights to a QROPS, the member must have left or intend

to leave the UK for tax purposes. In this case, UK pension rights can automatically be transferred outside of the UK into QROPS in the same way as pensions can be transferred between approved providers within the UK. When benefits are transferred to a QROPS they do not suffer a UK tax charge.

UK pension rights may be transferred outside of the UK into QROPS either before the member commences benefit or once they have come into payment. This includes most types of pension including income drawdown currently in payment and protected rights, which are pensions which have accrued as a result of UK national insurance rebates. However it is not possible to transfer an entitlement to the basic UK state pension into



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QROPS, or to make a transfer after an annuity has been purchased or Final Salary Schemes are in payment.

Many QROPS impose some restrictions, to the extent that an individual must be resident in the country into which they are transferring their pension benefits. However, certain QROPS do not have this restriction and so there is no link between where the member lives and the geographical domicile of a QROPS. In this case the member is able to choose tax friendly jurisdictions that have more flexible rules for how benefits can be taken in retirement.

A significant benefit for those who are not UK resident at the time they start drawing their pension benefits is that payments from QROPS will not suffer any UK tax. Their location of tax residence may have impact in terms of local taxes but with careful planning and specialist advice this can be minimised.

Those who choose to be fiscally nomadic on leaving the UK may transfer their UK pension rights to a QROPS and in so doing remove the income stream from UK taxation. In addition individuals in this situation will also not be liable for tax in any other country. This could be important because once a UK resident pension comes into payment, the UK tax authorities will automatically tax the pension in the UK until the member establishes a new tax residency or moves the benefits offshore. For fiscal nomads, i.e. those who have left the UK but are not established in a non-UK tax system, QROPS are very attractive.

Once someone has been resident outside of the UK for five or more complete tax years and has

transferred their pension rights to a QROPS, the reporting requirements to HMRC cease. This means that contingent on the rules relating to the individual QROPS, more flexible ways of taking benefits can be introduced. The main benefits include –

- Never having to purchase an annuity
- Being able to leave the remainder of your pension fund to your heirs on your death
- Having more flexibility in terms of how and when you draw down your benefits
- Being able to plan more effectively in terms of how your benefits are taxed in the country in Portugal. The Portuguese tax on a properly constituted pension plan is highly beneficial. There is no tax unless withdrawals are taken, and they can be structured so that minimal taxes are payable in Portugal.

Pension rights transferred into a QROPS are also now protected from UK inheritance tax (as introduced in the October Pre-Budget Report).

By moving UK pension benefits to a QROPS, assets are effectively removed from the UK tax net and introduced to a new tax environment depending on the member's new residence. For many expatriates the avoidance of UK taxes on pension income and the dangers of additional pension tax levies are an important planning consideration.

Blevins Franks will be discussing this topic at our upcoming seminar on the 12th May at the Meridien Dona Filipa in Vale Do Lobo. For further info, and to book a place you may visit our website www.blevinsfranksinternational.com

Too early for gov't to lower its growth forecast for this year, says PM

Prime Minister José Sócrates said this week he has no reasons to lower his government's forecast for economic growth this year, despite the European Commission's downward revision of its GDP growth prediction for Portugal to 1.7 percent this year and 1.6 percent in 2009.

Asked to comment on Brussels' forecast for dipping GDP expansion in Portugal, as well as the possibility of Lisbon's budget gap worsening next year due to a recent lowering of VAT, Prime Minister Sócrates said, "We'll see."

The Lisbon government, which says GDP will grow two percent this year, currently has no "quantitative" information to suggest its own prediction for growth needs to be modified, added Prime Minister Sócrates, and once it does "we'll have to look again at our forecast."

In relation to Portugal's budget deficit this year, Lisbon and the EU's executive arm - which took action against Lisbon after it breached eurozone spending caps in 2002 - have a "coinciding" prediction of 2.2 percent, noted Sócrates.

As for next year's fiscal gap, which Brussels predicts will widen due to recent tax cuts by



Prime Minister José Sócrates on his arrival at a high school in Covilhã last year. (Photo: Lusa / António José)

his administration, Sócrates said: "I can say that the deficit will not increase in 2009 as this would be against our policy."

Portugal's leader was speaking at the launch of a port and rail-

way modernisation project valued at over 400 million euros in the Alcântara dockside district of Lisbon. The infrastructure upgrade, aimed to double existing handling capacity of the

Alcântara container dock and link two existing commuter lines, will get underway immediately, said Public Works Minister Mario Lino, and is due for completion by 2013. TPN/Lusa

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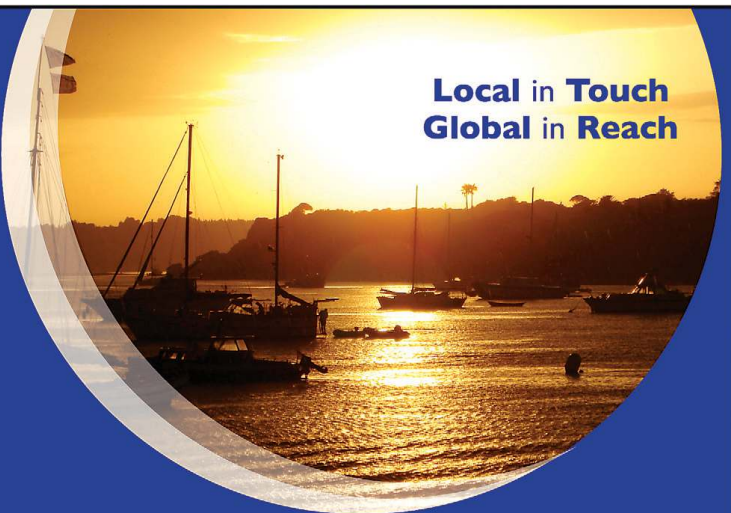
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American Ambassador's AmP Luncheon date change

Reservations are now being accepted for the U.S. Ambassador to Portugal, Thomas F. Stephenson's Americans in Portugal luncheon. Please note that the date has been changed to Wednesday, May 14, at 12.30pm.

Ambassador Stephenson was sworn in on November 21, 2007 and will serve until the end of President Bush's present term. Mr. Stephenson is a graduate of Harvard College, where he received an AB

degree in Economics. He received an MBA from Harvard Business School, and a JD from Boston College School of Law.

Prior to his nomination as U.S. Ambassador to Portugal, Mr. Stephenson was a partner in the Silicon Valley venture capital firm, Sequoia Capital for nineteen years, where he focused on information technology and healthcare companies. Mr. Stephenson currently serves as a member of the

Board of Overseers of Harvard University, and sits on its Executive Committee.

He has sat on similar boards at Stanford University, the Kennedy Center, Tufts Medical Center, Conservation International, and the Wilson Center Council.

The AmP program will follow its traditional format, wherein Ambassador Stephenson will present prepared remarks, *on a subject to be announced*, after which AmP will open the floor to their highly-regarded Questions & Answers session, held in the manner of an informal news conference. Due to time constraints, attendees will be held to one question. Please write down your question in advance, as their moderator will present them.

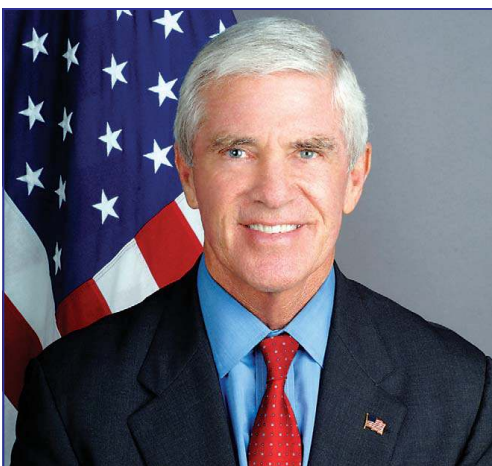
Mizé will prepare another of her famous 20+ item Spring-menu

Buffet Lunches, with all-you-can-eat choices of salads, vegetables, casseroles, meats, fish, cheeses, fresh fruits, deserts, red or white wine, coffee or tea, soft drinks or water. This exciting program and luncheon costs €25, payable in cash at the door.

Reservations are necessary, and can be made by sending an email to ddprice98@hotmail.com, or by calling 918 155 116 before the absolute deadline of noon, Monday, May 12th. Please reserve early as we're expecting a large turnout. Reservations should include the names of all attendees. All reservations will be confirmed. The program is open to all nationalities, and will be presented in English.

Visit the Americans in Portugal website: <http://amportugal.planetaclix.pt>.

**BRITISH CHARITABLE FUND AGM
THE ANNUAL GENERAL MEETING OF THE BRITISH CHARITABLE FUND WILL BE HELD ON
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AT THE LISBON CASUALS CLUBHOUSE
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Ambassador Stephenson.



Life beyond the Internet

One week ago, our internet connection went down. It wasn't the first time the small round light to the far right corner of our router went red, so Don and I figured the rain, heavy usage or some other temporary anomaly caused the problem.

"It will come back in a few hours," Don, the eternal optimist said.

"Well, maybe we should call Jeroen anyway," I countered, optimistic too but totally helpless when these technological glitches surface.

So Jeroen, our trusted computer expert of many years, came and tested our equipment.

"The problem is with Telepac, not with your broadband connection," he assured us.

Then he called Telepac, our internet server. I marveled at this patient, calm voice as he explained the problem to the Telepac technician. (If you use Telepac, the number for technical service is: 808 20 7070). Diogo assured Jeroen that they were working on the problem and that we'd soon have our service restored. Their repeated phrase to us: "You'll have service as soon as possible." By way of background, ours is one of the only households I know of still

clinging to Telepac. Most of our friends have switched to Sapo (still Telepac but less expensive), Clix, or Netcabo. But either inertia, fear of change or loyalty has kept us with our original server. I have changed from Telepac's email service to gmail as Telepac, at least when I left it, let in over 30 spam messages per day promoting everything from purchasing Viagra to wiring money to long lost relatives in countries I'd never heard of. Telepac does not have a spam filter, while gmail has a terrific one. But for our Internet server, I've remained loyal to Telepac.

Jeroen, who did all he possibly could, left our home five days ago assuring me that the connection would be restored soon. For the first 24 hours I walked by the computer, glancing at the light like a lifeboat in a storm. But it stayed red.

I thought about email messages I might be missing, information, I couldn't access, calls I couldn't make using the VOIP connections like Skype and Voipstunt (even cheaper than Skype to some countries). And then, two days into the Internet moratorium, I began to relax. Suddenly I realized that no message could be so urgent that it couldn't wait, we could call abroad through the phone if we needed to, and that internet information, while useful, is not vital either. I remembered all the years before the internet and how we lived quite well, and maybe even more peacefully. In those years we had no computers to hide behind. Maybe we relied on each other, talked more, even left the house more than staring at an impersonal screen and relying on

a wire filled box. In fact I have several friends who don't even have computers. They seem serene, happy and quite "well connected" in other ways to me.

Now, it's 6 days into the internet fast. Friends have offered to let me use their connections and Don sneaked away from a dinner last night to check his emails. His report:

"I had 47 emails and only two were personal," he said. I declined the offer. I shocked myself but I am actually enjoying the extra time I have to read, to write and to think for myself without some website telling me how to de-stress, where to travel, what to eat to live to 100. In fact at the Paris writer's workshop last year (www.pariswritersworkshop.org for information on this year's conference in July), a successful author told us that she has one computer dedicated to her writing with no internet access at all on it. She explained, "That way I stay focused on my work without the constant temptation to check my emails or to jump onto the Web."

As the weekend approached, Jeroen took off for a well deserved rest from my text and voice messages on his phone. That's when I decided to call Telepac myself, probably a mistake. Last Friday afternoon I reached a sweet young lady named Paula Machado. She was sympathetic and assured me my service would resume that evening or the next morning at the latest. It didn't. Then I remembered the "ask for the Manager" strategy. So, I called again. Manager Cinthia Martins was less reassuring.

"It's the weekend," she said.

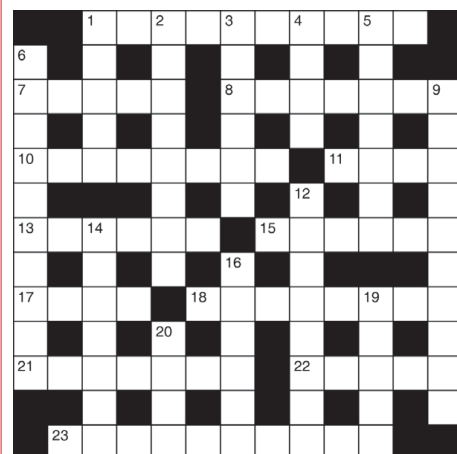
Westheimer

"Our technicians will be back on Monday." I held my temper because to be honest by that point I hardly cared any longer. I did have one escape route that Jeroen had installed on my laptop: a dial up connection through SAPO JÁ (67 17 14 000) so that Don and I could access the internet for 16 cents as an initial charge and 4 cents per minute thereafter plus a very slow connection if we felt we couldn't live without our emails.

In addition I learned about Vodafone's "Connect Pen" that I could purchase reasonably with my Club Viva points. There is a monthly charge depending on the number of down and uploads you want, but it is a failsafe backup in case your internet line goes down. You can plug the Pen into any desktop or laptop computer in your home but it's good for one computer only at a time. Plus you can travel with the "Pen" connected to your laptop and have access anywhere you go in Portugal. It works outside of Portugal as well but the roaming fees are quite steep. Vodafone's is the one I looked at, but other mobile providers have their own versions.

In the past I've felt helpless and, I'm embarrassed to say, bordering on hopeless when the Internet crashed for long periods of time. But this recent event made me determined that I wouldn't be beholden to Telepac or to any machine for that matter, ever, ever again. patwestheimer@gmail.com

The Portugal News Crossword No. 190



QUICK CLUES

ACROSS

1. Vast (10)
7. Intone (5)
8. Dull (7)
10. Always (8)
11. Serene (4)
13. Property (6)
15. Disclose (6)
17. Sad to say (4)
18. Autocratic (8)
21. Blow up (7)
22. Darkness (5)
23. Tenacious (10)

DOWN

1. Commerce (5)
2. Compute (8)
3. Die (6)
4. Fall (4)
5. Ignorant (7)
6. Speed up (10)
9. Involve (10)
12. Answer (8)
14. Tread on (7)
16. Alcove (6)
19. Taut (5)
20. Stud (4)

QUICK SOLUTIONS No. 189

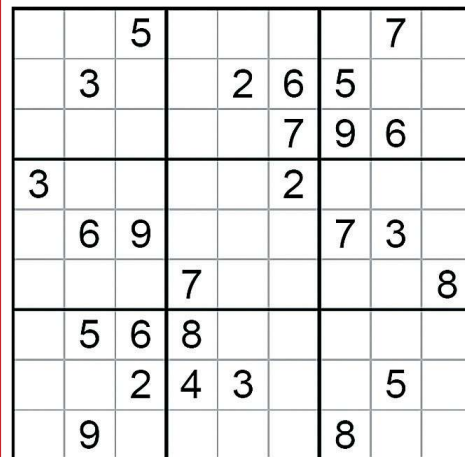
Across: 1 Tremendous; 7 Chant; 8 Prosaic; 10 Evermore; 11 Calm; 13 Estate; 15 Reveal; 17 Alas; 18 Despotism; 21 Explode; 22 Night; 23 Persistent.

Down: 1 Trade; 2 Estimate; 3 Expire; 4 Drop; 5 Unaware; 6 Accelerate; 9 Complicate; 12 Response; 14 Trample; 16 Recess; 19 Tight; 20 Boss.

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.



Last weeks solution:

6	4	5	8	1	7	3	9	2
1	3	9	4	5	2	8	6	7
2	8	7	3	6	9	4	1	5
9	7	2	5	4	8	1	3	6
4	1	6	7	9	3	2	5	8
8	5	3	6	2	1	7	4	9
7	2	1	9	3	6	5	8	4
3	9	4	2	8	5	6	7	1
5	6	8	1	7	4	9	2	3

For tips on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Bar demolition ordered by Lisbon City Hall



On Monday a plane was dismantled near the Segunda Circular dual carriageway in Lisbon, but it was not related to the airport in anyway, despite its close proximity.

It was the famous O Avião bar and it is being dismantled, to conform to a Lisbon Council decree, after its owner, José Gonçalves, died on 2nd December 2007 due to an explosion in his car.

It was the only bar in the country to function inside a plane. Now, during the next two weeks, aircraft aficionados can try their luck and PERHAPS take home a keepsake of the aircraft. The

cockpit and the nose of the plane are the only parts that will remain intact as they are reserved for a TAP museum, who consider the bar a landmark of aviation presence in Portugal.

The dismantling is being carried out by Ecoproject-Residue Management Company, hired by José Gonçalves' daughter, and an environmental agency is supervising the process to ensure all materials are recycled.

The owner of the bar died after an explosive device detonated under his car, at a time when he was a key witness, for the Passerelle case, against a striptease club in the Azores; the case is still open.



The famous O Avião bar being dismantled on April 28th. (Photo: Inácio Rosa / Lusa)

Backstreet comeback rocks Lisbon

It could arguably be the comeback of the decade, and not for the first time either. After an initial split in 2001 and subsequent comeback album in 2006, followed by the departure of one of the five members that same year, the Backstreet Boys have made yet another comeback, the four remaining members proving they are made of the stuff that lasts the distance.

Last Friday the biggest boy band of all times played for a third time in Portugal, at Lisbon's Pavilhão Atlântico.

Whilst the pavilion only filled with an estimated six thousand fans who had made their way to the venue, the enthusiasm was as vibrant as ever, the anticipation contagious.

Not as extravagant as previous performances, it seems a conscious effort was made to present a more mature and individual four-member band, though the dance moves and vocal efforts were on a par with those of a band at their peak.

Thousands of fans had been queuing since the early hours of the afternoon, littering the surrounding area of the pavilion to ensure the best possible place.

Different generations made up the excited crowd, some fans from the boys' grand entrance to pop nearly 15 years ago, and other younger fans though still as dedicated.

Some had even travelled from as far away as the UK and Italy, proving that despite a six-year break, debatably successful solo careers, and a one-member-less comeback, those who were

faithful, remain faithful.

One young female told **The Portugal News** how she had followed the band's career since the very beginning, having followed them on their previous world tours, travelling to countries including Japan, Australia and Russia, before more recently following them to Spain and Portugal.

On the night the quartet performed songs from all their albums, past and present.

Opening with 'Larger than Life' from their 1999 album 'Millennium', they progressed through a medley of musical renditions, which included their first ever smash hit, 'Quit Playing Games (with my heart)' from their introductory album Backstreet Boys, proceeding with favourites from albums 'Backstreet's Back', 'Black & Blue', 'Never Gone', and their latest chart-topper, 'Unbreakable'.

With album sales in their millions, a place in The Guinness Book as the 'biggest boy band of all time', and no signs of slowing down, the Backstreet Boys certainly do seem to be 'Unbreakable', if not unstoppable.

The Lisbon Hash House Harriers celebrated their 600th hash in the Alentejo

The Lisbon Hash House Harriers recently celebrated their 600th walk/run.

The Hash House Harriers as we know it today was founded in Malaysia (now Malaysia) by Albert Stephen Ignatius Gispert, an English chartered accountant. The first run was held in December 1938.

The group's name came about primarily because local authorities required legal registration of the club. Because of its lackluster food, the dining room of the Selangor Club, where a number of the local harriers both lived and took their meals, was commonly referred to as the "Hash House."

Hashing in Malaysia was suspended during the World War II occupation by Japanese forces, but then reestablished after peace returned. It wasn't long before the hash began slowly spreading around the world. Former members of the original Hash House Harriers started a hash in 1947 near Milan, Italy, but it wasn't until 1962 that the next group was formed in Singapore. Others gradually followed the Singapore Hash until in 1973 there were approximately 35 hashes in 14

countries.

Subsequently, the hash began spreading like wildfire and the number of hashes soon climbed into the hundreds by the early 1980s. In 1999 there were some 1,700 active hashes in over 180 countries.

How it works: The groups meet every two weeks. Hares mark the trail in advance with blobs of flour; one route for the Rambos (runners) and one route for the Wimps (walkers). We all meet behind the casino in Estoril around 13h50. From there we go to the location of the day. It changes every time. It is an excellent way to socialise and see the beauty of the country side.

Often the hares will employ several tricks in attempts to slow the group and try to get the runners and walkers to finish at about the same time. The hares may mark an intersection called a 'check point' that signifies that the trail continues in one of the possible directions. Several false trails may lead from that check point, and it is up to the participants to find the right one. Once the right way has been determined, then the check point is broken in the appropriate direction to make it easier for anyone coming behind.

At the end, hashers gather in a circle led by the Hash Master. Traditions vary between hash groups but in general the Circle consists of awarding "Down-Downs" (drink of beer, water or juice) as a reward or for misdemeanor. Quite often the group decides to gather later in a local restaurant afterwards.

Naming: One aspect of hashing that makes the activity stand out is the use of names as assigned by the group. A person who comes for the first time is a virgin and gets a hash name only after six times. Before a naming, the group collects information concerning the individual about occupation, personal preferences, stories, experiences... The new name is decided by group consensus.

The Lisbon Hash House Harrier is a family hash so everyone is welcome to participate. Even dogs stroll along and are given names.

Hash #600. To commemorate this special hash, a significant group of hashers boarded a bus around noon Saturday 19th of April. It had rained heavily in the days prior to

the event, and again that morning. The skies were dark, but people, ready with rain gear, boarded the vehicle with optimism. The journey to Montemor-O-Novo went by quickly, busy chatting to catch up with the news. The trail itself was set by Jackpot and Chili Dog in the small town of Escoural. Upon arrival, we literally invaded a small café to use their washroom facility and get a last drink or bite to eat. To challenge the idea that the Alentejo area is rather flat, the trail started with a steady incline, which gave a lovely view of the village. It was nice to trade the Eucalyptus for cork trees. The bare trunks, dark from the humidity and the rain, were a distinct contrast with the very green surroundings. In places on the ground we could see that some of their precious coat had been collected and carefully classified. In other areas, wood was waiting to be transformed into charcoal. Despite the uncertain weather, hashers were not alone; many eyes were on them wondering who were those intruders. We shared the pasture of some large home beasts (thankfully not bulls). It was quite amusing to see that both groups (us and them) were carefully assessing the other. For the ones we could not see, we had a sense of their

presence by the sound of the bell hanging from their neck. The run walk/run was so enjoyable, that we were surprised to see the end. The route had been planned a little shorter than usual, in case the skies decided to open up.

The traditional circle was held on the nice grounds of the restaurant Ao Pôr do Sol in Montemor-O-Novo.

Jackpot and Chili Dog had planned with the restaurant owner, a wonderful and delicious 5 courses meal with wine. The food and the service were impeccable; a true jewel. It is with a little bit of sadness that people boarded the bus for the return journey. We all had a wonderful time, and we were already looking forward to the next away hash.

The next hash will be on the 3rd of May, at the usual time 13h50 behind the Casino in Estoril.

On 17th May the Lisbon Hash House harriers will participate in the Terry Fox run at Parque das Nações. Registration starts at 9h30 in front of the Portugal pavilion and the run/walk itself starts at 11am. Cost of registration is €10. The money goes to cancer research. Feel free to visit our website at www.fluffyit.com/1h3/index.html

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F1 Power Boat World Championships returns to Portimão



F1 power boat championships in Portimão, will have 24 pilots of thirteen nationalities



For the tenth year running, Portimão hosts the prestigious racing championship yet again in what promises to be an adrenaline filled weekend.

Organised by Portimão City Hall and coordinated by Expo Arade, the crème de la crème of nautical motor sports will be competing for points in the World Title.

The championship, held by the riverside area, will have 24 pilots of thirteen nationalities, among them current World Champion Sami Selio, a big surprise last season after taking Guido Cappellini's usual first place. Cappellini has an outstanding record of seven victories of the nine events held in Portugal.

Jonas Andersson, of the F1 Team Sweden, comes to Portimão holding onto first place this season

after winning the inaugural stage in Doha (Qatar).

For the first time ever, the event will be broadcasted live on radio by Radio Clube Português, to the whole country, and the event will reach televisions in 46 countries,

RTP2 covering for Portuguese television.

On Saturday the free training and qualifying times will be held from 10h00. The race will take place on Sunday at 14h00 after pre-race training, at 11h30.

Charity football match in Lagoa, Manchester versus Carvoeiro locals

Not quite Manchester United, but players from Manchester all the same. This week a team of Mancunian football enthusiasts will be making their way to the Algarve to play in Lagoa city's stadium on May 4th against a team of hopeful locals, all in the name of a good cause.

At the invitation of Craig Timmis from Carvoeiro's Havana Bar, the game has been organised in aid of the Estômbar donkey sanctuary, with donations being asked of players and spectators.

Havana Bar has been organising friendly football matches for the past two years, though only this year did they have the idea of making it a charity match.

The idea came after Craig and his partner Jennie rescued an abandoned street dog from underneath their car.

"After having him with us at home for a week we had to give

him up because of friction with our own naughty dog! So the donkey sanctuary very kindly took him on, we paid for all his injections and worming, and they are still trying to find him a new home.

"We just wanted to give something back to a very worthy cause and draw attention to all those sweet dogs in need of homes", said Jennie.

The match is set to kick off at 18h00.

For more information or to make a donation, contact Craig or Jennie on: (+351) 916 407 988.

UK website warns of alleged Algarve child-abuser

'Portugal Warning: 'Irish Dave' alive and well in Carvoeiro' is what reads at the bottom left hand corner of the webweavers.co.uk/sarahslaw website, as reported on Wednesday by Portuguese newspaper *Correio da Manhã*.

Nothing more than an exact transcript of what was reported by the *News of the World* in November 2006, this recent media coverage has nevertheless once again catapulted the Algarve to national attention for allegedly accommodating child abusers.

Back in 2006 *News of the World* reporters caught up with David Reid, otherwise known locally as 'Irish Dave', then a musician in a local popular hang-out 'The Round Up Saloon', sensationally

announcing his whereabouts and, till then, unknown past.

The *Portugal News* spoke to Dave in 2006 after these reports rocked the sleepy village. He admitted 'revealing himself' to his daughters, but denied ever laying a finger on any of his three children, two girls and boy. He also told how he had served 18 months of a three-year prison sentence on charges of indecent assault and gross indecency, following complaints from his own children.

At the time he told *The Portugal News*, "I never sexually abused my children", he said. "I did wrong at home, very wrong. I exposed myself to my daughters and I paid the consequences. I did my time for this crime but I did not

run and hide from it. I have no excuse for what I did. I have tried to understand why I did it and I still don't know. I am very sorry and I have lived with the guilt every day for 22 years. But I never touched my son, and I am not a paedophile".

Claiming to have subsequently been victimised by locals he once considered he knew well, little more was seen or heard of 'Irish Dave' until this latest article under the headline 'Alert to avoid the Algarve' was published in Portugal's biggest selling newspaper, re-reporting the *News of the World*'s initial interview and publishing imagery taken from <http://www.webweavers.co.uk/sarahslaw/irishdave.htm>.

Whether 'Irish Dave' remained

in Carvoeiro after the news exploded in 2006 is unknown, though no incident involving the man in question has been reported to date.

Well-liked and a popular performer, at the time Dave Reid vowed to face the local community if they would let him "live in peace" and even said he was "glad the skeletons are out of the closet".

As with most 'local gossip', the topic of 'Irish Dave' eventually faded within the Carvoeiro community, though the image of the Algarve as a family haven, for unrelated reasons, is now more questioned than ever.

Archaeology association of the Algarve meeting

The monthly meeting of the AAA will take place at two venues on Tuesday, 6th May, 2008. The first of these meetings will be held at The Junta da Freguesia São Sebastião, Loulé at 2.30pm. The second meeting of the day will be held at the Convento da São José in Lagoa at 6.30pm.

The speaker for this month's lecture is a young Portuguese, experienced diver and marine archaeologist, Tiago Fraga. He returns to lecture again by request of the members. The lecture is entitled 'The Story of the Santa' António de Tanna, a late 17th Century Sailing Vessel.

Santa Antonio de Tanna is the perfect example of how Land Archaeology, History and Nautical Archaeology can produce results that answer the important questions about Portuguese seafaring. Taking place on 20th October, 1698, in Mombasa Harbour, in present day Kenya,

the story of the ship is an important piece of Portuguese history.

This talk intends to expand on the story, from the sad loss to the happy discovery of this late 17th century Portuguese time capsule and the work done to bring life to the ship, the crew, the passengers and those who played a part in this story.

Tiago Fraga, is the Project Manager of the Underwater Cultural Heritage Survey for the Council of Lagos. He studied History at the Universities of Lisbon and Faro. He obtained his Master of Arts in Anthropology at the University of Texas, where he was a graduate Assistant on the Nautical Archaeology Programme with the Anthropology Department. As a freelancer he has acted as Chief Archaeologist on many assignments.

He is the writer of many papers published on marine and archaeological activities. He has obtained Awards, Scholarships and Fellowships. The AAA are honoured to have such a knowledgeable

lecturer give his presentation to the meeting.

All are welcome to attend. For non-members the cost is €5.

Subscriptions are due for the coming year for members, and those attending lectures who are non-members, now is a good time to join the association.

The lectures are given in English. Members are welcome from all nations.

For more information please call Maxine on 917 267 948.



Veteran tennis players entertain in Portimão

Taking advantage of the long weekend last week, Portimão and Rocha Tennis Club organised the Tivoli Arade Veterans Open, sponsored by Villas Real Estate, Tivoli Arade Hotel and Portimão Council.

The competition had several categories, within Level B, for inclusion in the national veteran rankings, of +35 and +45 for females and +35, +45, +50, +55 and +60 for males.

This year a record number of entries were registered, with 84

athletes from several parts of the country, many of them placed in the Top 10 rankings of each category.

The favourite athletes dominated most of the categories, Luísa Gouveia winning the +35, Paula Zoio the +45, Nuno Delfino +35, Vitor Pereira +45, Francisco Carrilho +50, João Gomes +55 and António Caneira +60.

All athletes that came to Portimão were accommodated at the five star hotel Tivoli

Arade, at no cost, with their families and took advantage of the great weather the long weekend had to offer.

An official dinner was held on Saturday night and Plínio Ferrão, Technical Director of the Tennis Club, said "this year's competition exceeded all expectations" and also mentioned the great hospitality of the Tivoli Arade Hotel, which has confirmed its collaboration with the competition until 2010.



Portimão taken to new heights



Last long weekend's Portimão Air Festival was an unforgettable event, gifted with phenomenal weather, top class entertainment and nerve-wracking performances.

Starting on the Declaration of Independence day, in the riverside area of Portimão, and progressing throughout the whole weekend, the Air Festival managed to take thousands of people's breath away with nail-biting stunts performed by some of the best pilots in the world.

Among the dozens of pilots taking off from Alvor Aerodrome en route to Portimão were world champions of aerobatics Sveta Kapanina and Ramón Alonso, defying gravity in what seemed like physically impossible manoeuvres, skimming the water past the riverside area, providing jaw dropping entertainment.

The Breitling Jet Team also made an appearance, the only civilian team in the world to use jet planes, performing close formation flights within inches of each other, synchronised manoeuvres and art in the skies with smoke guns mounted on the planes.

Aircrafts such as the Yak 52,

Boeing Stearman and Extra 300, and helicopters Alouette III and Merlin EH-101 flew across the river, showing the range of machines that have been soaring through the skies over the decades.

A special presence at the event were two F-16 jet fighters of the Portuguese Air Force, tearing the skies apart at thundering speeds and demonstrating the manoeuvrability of the military aircraft.

As for entertainment, there was no lack of it. The riverside area was transformed into a high-tech aeronautical village, with a wind tunnel to simulate sky diving, a flight simulator, exhibitors from the aviation industry, a children's entertainment area, a model-airplane runway and more.

Portimão is proving itself to be a council with the potential to host professional top class events, this weekend it is the turn of the F1 Power Boats, to race on the river.



Synchronised wingwalking at the Portimão Air Festival. (Photo: The Portugal News / Tommy Broad)

Water meters entering the digital world

EMARP (Portimão Water Treatment Company) is going to invest around one million euros to install digital water meters throughout Mexilhoeira Grande in a pilot project.

The technology these new meters possess comes from Britain and EMARP says the ones currently being used do not show real consumption in many large consumers (companies), adding greatly to their losses.

To demonstrate their losses, EMARP last year distributed around 7.5 million cubic metres of water, but only charged consumers 6 million, representing an

18.7 percent total volume loss.

The new meters have a tele-management system which will allow EMARP to detect any malfunctions or abnormal water usage, as well as having a more rigorous register of consumption.

They are being installed in Mexilhoeira Grande as a test-pilot experiment, and in three to four years it is hoped they will cover the whole council.

Lagoa asks for GNR post in Ferragudo

Concerned with the rise of insecurity and criminality, Lagoa Council has asked Internal Affairs Minister for reinforcement of officers in the council and a new GNR post for Ferragudo.

Lagoa Council sent two official letters to the Internal Affairs Minister requesting reinforcement after noticing an increase in criminality in the Council, in particular Ferragudo.

On the same day Council members also wrote official requests to the Civil Governor of

Faro, GNR Silves Detachment and GNR of Portimão, asking for urgent measures to be taken.

During a meeting on 17th April, Lagoa Mayor took the opportunity to mention the arrival of summer, which goes hand in hand with a rise in criminality, stressing the need for a new GNR post in Ferragudo to "attack" the social problem while it is still possible.

Lagoa has one of the best and most modern GNR headquarters, inaugurated on 14th June 2006 and also a GNR post in Carvoeiro.

Millennium honours Castro Marim Golfe & Country Club



Millennium Bank, in association with the Business Management School of Oporto, has awarded Castro Marim Golfe & Country Club the prestigious 'Cliente Aplauso 2007' certificate in recognition of its excellent financial management practices ('Aplauso' literally translating as 'applause' in English.)

Only the bank's very best clients achieve such an award.

Millennium Bank is Portugal's biggest private bank. It has worked closely with Castro Marim Golfe & Coun-

try Club to create innovative mortgage packages for the Club's clients, who wish to finance property ownership. It offers a very attractive mortgage interest rate of between 0.4 per-

cent and 0.6 percent above the Euribor base rate used by banks, depending on the amount borrowed. Various special arrangements on offer mean that interest-only payments can be made

for a limited period of between three and five years. Staggered payments are also possible when buying a property that is under construction.

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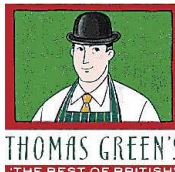
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The Algarve Wine Society enjoys Une Soirée En Rose



The Doorman (Ron Dodsworth), Nathalie (Jeannette Kempson), Jean Paul (Larry Hampton) and the Garçon (Serban Tiplea)

On April 23rd, 62 members of The Algarve Wine Society, all dressed in at least a *souppçon* of pink, enjoyed *Une Soirée en Rose*. Ron Dodsworth and Ken Kempson organized a tasting of eight of Portugal's best rosé wines at the A Colina Hotel and Restaurant in Ludo.

Proving that the lowly rosé has really come of age and joined the ranks of Portugal's better wines, the assemblage tried outstanding examples from the Douro, Dão, Estremadura, Ribatejo, Alentejo and indeed the Algarve itself, and not a one was called Mateus or Lancers. All were found worthy of being served well-chilled with the best summer lunch on the beach or the terrace.

But even better was to follow the tasting, when, much to everyone's surprise, a band of itinerant French players offered an enchanting *pièce de theatre* called, appropriately enough, "La Vie en Rose". Created and directed by Jeannette Kempson, this original 15 minute play reminded every-

one of the great popularity of Edith Piaf's beautiful song of the same title, as well as the Mateus rosé wine in the early 1960s. Set in St. Tropez, we saw the fun-loving Nathalie (Jeannette herself) and her well-heeled *amour* Jean Paul (played by Larry Hampton) further their *affaire de coeur* on the terrace of the Hotel de la Pinède, lubricated and encouraged by a beautiful oval bottle of rosé wine. Comic relief was supplied by the doorman (Ron Dodsworth) and the garçon (Serban Tiplea). Judging by their liberal laughs and applause, the audience loved it.

An excellent dinner prepared by chef Lee Newsome, featuring a choice of Beef Wellington or Braised Salmon, followed and was supported by more traditional white and red Comenda Grande wines. A toast to St. George, a stirring chorus of "Happy Birthday" sung to Elsbeth Graf and Barbara Preece and a rousing raffle closed the formal programme, but the as-

semblage stayed late, talking about this very unique Algarve Wine Society tasting. Who said rosé wines have to be dull? *Magnifique!*

Next up for the Society will be a six-day trip to Madeira, May 6th - 11th, being led by Michael Berger. On May 30th the annual gourmet dinner will take place at Vincent's restaurant in Almancil, featuring wines from the wonderful Dão producer Quinta das Marias. Closing the Spring programme will be the traditional summer party on Sunday, June 29th, at the Sagres Pousada, with a golf outing earlier in the day at the Boavista GC in Lagos.

Membership in the Algarve Wine Society is currently at its upper limit and a waiting list has been established. However, if you would like further information about, or wish to join the waiting list of, The Algarve Wine Society, please contact the Secretary Larry Hampton on hampton@mail.telepac.pt.

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New teeth for old?



Have you ever looked in the mirror and wished your teeth didn't let you down? Or gone out for a meal, only to realise that some of the tempting dishes on the menu aren't for you because you are worried that your dentures might not cope? Perhaps you have thought about getting something done but aren't sure who to ask, or what is involved. This is where Dr Piessens comes in.

After all, there are many reasons for wanting to do something about your teeth - medical necessity, embarrassment about their condition or shape, a wish to regain that lost confidence about your teeth, to mention just a few. It is astounding just how much can be done now with the advances in dental techniques. Having a mouth full of mercury fillings or a need to wear a pink plastic denture that can remove itself at just the wrong moment or simply suffering pain or discomfort with your existing teeth - none of these are necessary now.

With the range of possibilities

expanding so quickly, you may well wonder what the process involves, what is the best thing for you to do, how much it all costs. Dr Cris Piessens, who established his clinic in Albufeira some 15 years ago, is a Belgian dentist with many years' experience and he is making himself available to you to provide answers about these new techniques and other dental problems in a series of seminars across the Algarve. He specialises in dental implants and will be able to give you a clear idea of just what modern dentistry can now do and how this could help you, particularly as the costs involved, perhaps

surprisingly, are half what you might pay in the UK. He has a long list of satisfied clients, and will have pictures of 'before' and 'after' available to show just what can be done. Come and listen to Dr Piessens, and this will give you a chance to find out more about ways of improving your teeth as well as the chance to ask him for free about any particular concerns in an open forum afterwards.

Details of the seminars are

given below, and if you are able to come along, you will be very welcome. It would be helpful if you are able to book a place in advance, so refreshments can be organised, by ringing 968984832. You will not be making any commitment by coming to listen to him, you will be under no obligation, and the talks are free. Come and find out just what is involved in having trouble-free teeth you can be proud of.

The talks will take place at:
Hotel Garbe, Armação de Pêra - Thursday 8th May 8pm
Hotel Vila Gale, Tavira - Monday 12th May 8pm
Hotel Bela Vista, Praia da Luz - Thursday 15th May 8pm
For more information, contact Diane Cantillon on 968 984 832 or e-mail diane127ci@gmail.com.

Dr John Piper MB, BS, FRCS

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Clipsa - Clínica Particular de Saúde, Lda -
on Mondays and Thursday mornings.

Av. Marginal, Edifício Atlântico I
8365 Armação de Pêra. Call 282 315 761

CENTRAL ALGARVE iLifestyle and Beauty

The guest speaker this month at éA Colina will be Dr Thomas Kaiser, a G.P. with many years experience in family medicine and who has been living in the Algarve for several years. Dr Kaiser maintains that in order to maintain a healthy lifestyle it is important for us to concentrate on our general wellbeing and happiness. The theme of his talk will be our lifestyle, and Beauty - natural and artificial. We look forward to seeing you all there. Directions to Hotel A Colina, formerly Hotel Berry. From the West, on the A22 motorway take exit 13, the Faro airport turn off. Follow signs for Almancil. Join the N125, after 2 kms take the left turn, signed Ludo, and first left again. The hotel will be found at the top of the track. If travelling through Almancil towards Faro, take the right turn to Ludo, just passed St Lorenzo church.

Wednesday May 14th 2008

Network Lunch at Hotel A Colina, Almancil
12:30 pm for 1:00 pm ñ Time to Network

Cost: Members: €15 Guests: €20

Please book no later than noon on Monday, 12th May



Contact Paulette Fouché, Network Co-ordinator
Tel/Fax: 282 415 843 Email: info@networkalgarve.org
www.networkalgarve.org

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DENTAL CLINIC
IMPLANTOLOGY CENTRE

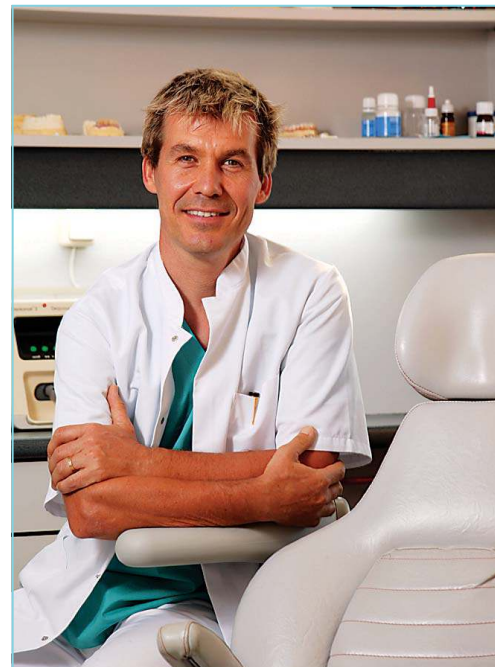
Are you unhappy with your teeth?
Would you like new ones?

Not sure how, how much, or who to ask?

Find out all the facts about dental implants and get all your questions answered by an expert with a local surgery in Albufeira. Dr Cris Piessens will be giving a presentation about implants and cosmetic dentistry, and how modern techniques can improve your life, health and confidence. With more than 20 years of experience, and a long list of satisfied customers, he can give you the information you need. Come and listen to him at:

Hotel Garbe, Armação da Pera Thursday 8 May 8pm
Hotel Vila Galé, Tavira Monday 12 May 8pm
Hotel Belavista, Luz, Lagos Thursday 15 May 8pm

NO CHARGE - NO OBLIGATION - JUST EXPERT ADVICE
For more information, or to reserve your place, please ring 968984832, or email crispinessensclinic@gmail.com quoting ref PN01
(Advance bookings preferred)



Dr Piessens.

Only one week to go to the International Algarve Fair

It's the biggest occasion for the foreign community, and it's an event designed to be a great day (or two days) out for all the family. The gates open next weekend, so what can you expect to be able to see and do at the International Algarve Fair? The simple answer, there's something for everyone, whatever your age and whatever your interests.

Let's start by taking you on a 'virtual tour' of the Fair. This year there's a new entrance that will take you right into the heart of the Fair. Visitors will still come in through the main entrance to the FATACIL showground, but will then walk down the tree lined 'avenue' to enter into the Fair area. Be sure to keep your entry ticket, as this will entitle you to enter the free draw to win a superb quad bike worth over €2,500 Euros.

If you need the use of a wheelchair or mobility scooter, ask at the fair reception where to find *Sulcare* stand 55, who are offering this service, and first aid will be supplied by *LuzDoc* stands 51 & 52.

Gardens

Turn to your left and you will find yourself in the newly extended garden feature area, now occupying its own zone of over 1,600 square metres. If you are thinking of landscaping your garden, don't make a decision until you have seen the work of the leading landscapers. This year, the Lagoa Town Hall are also displaying a garden and their work is already admired by everyone who passes through or lives near Lagoa. The gardens will be judged by BBC Groundforce presenter Kirsty King at 14:30 on Saturday. In addition to the display gardens, there will also be garden and equipment suppliers, so whatever your garden needs and interests, this area is a must for

you to look around and enjoy. There will be music from Harp John, and a Champagne Bar from the Sheraton Algarve to help you enjoy your visit to this area. A definite must when you need a few moment's relaxation.

The Pavilion

After you have visited the gardens, walk into the Pavilion to see a range of new cars from Fiat, Seat, Honda, Opel, Chevrolet and others, and to see the home, finance and property area. Perhaps talk to Millennium BCP Bank about their special account for the expatriate community, talk to leading property specialists about the real estate market, talk to health professionals about services in the area. You can look at furniture; you can even find an alternative to smoking.



Millennium BCP Bank

Arts and Crafts

As you leave the Pavilion you can pass through the new Arts and Crafts Marquee, 30 metres of jewellery, musical instruments, wooden crafts, handicrafts, handmade baby and children's toys, hand crafted cards, glass art, wooden frames, herbs, water colours, essential oils, fashion accessories and much more.



Journalist Carrie-Marrie Bratley interviewing BBC Groundforce presenter Kirsty King, who will be judging the garden competition again this year.

Entertainment Announcement

New replacement band has been announced for Saturday evening. The Arican, Reggae band Kim Banda will be replacing Oo-Boop-I-Do, who were forced to cancel their concert at the International Algarve Fair.

The Central Area

After leaving the marquee, take time to look around almost 100 stands offering every type of service and product you could ever need. Visit World Telecom to find out about their new service offering unlimited free national and international phone calls for just €24.99 a month, check out the new HDTV services available via SKY and the soon to be launched BBC and ITV backed FREESAT service. You could take a beauty treatment, talk to a chiropractor, choose a jet ski for the summer or a quad bike to get around on 'terra firma'. Don't forget to take your entry ticket and fill in the visitor survey to have the chance of winning a superb 50cc quad bike worth over €2,500. For the home, the choice is almost unlimited, from doors and windows to fireplaces,



Ecuadorian music group

pet care, shopping from the UK, books, fashions, boats, in fact the list is too extensive to detail all that you can see and do. This is also where you will find entertainment for the children, and on the lawn, the very popular Ecuadorian music group. Throughout the area you will find street performers, jugglers, stilt walkers, magicians, hand puppet shows, uni-cyclists and more to give that wonderful street carnival atmosphere that visitors tell us they so much enjoy.



As you leave the pavilion you can walk into the new Arts and Crafts Marquee.



It's the biggest occasion for the foreign community, and it's an event designed to be a great day (or two days) out for all the family.

The Arena

In the ARENA you will find places to sit, eat, take a cold drink and just enjoy the entertainment on stage. This is where we hope you will take time to choose from some superb food options. There are many restaurants to choose from, and a wide selection of food. Indian, South African, Dutch, Portuguese, Surinam, Italian, English pies and Cornish teas, pasties, and of course scones and cream. Brazilian drinks or cold beer, and a good range of soft drinks will be available to wash down your meal, or just keep you cool, or perhaps just have an Ice Cream. On the stage throughout the weekend acts like the duo 'Branded', J.J. Johns Country Singer, the very popular African Reggae band 'Kim Banda', 'Alan Storm and Renato Serra'. On Sunday evening, if you love line dancing, be sure to come dressed for the event as Chris Cottis will be giving lessons to everyone who comes dressed and ready for some 'Country and Western' dancing.

Puff Park

In the ARENA you will also find Puff Park for the children, and of course, the Lagoa Firemen with a chance for your children to look around the fire engine and even put out a fire. They can also go away with their very own fire helmet. It's all within easy eye sight of most of the restaurants, so you can enjoy your meal while the kids have fun in Puff Park.

Opening hours and where to find the Fair

The fair is open from 11:00 to 20:00 on Saturday 10th and Sunday 11th May. Entry costs €3 and children under 12 are admitted free.

The International Algarve Fair is held at the FATACIL showground in Lagoa. This modern and large purpose-built area is

on the Eastern side of Lagoa next to the main N125 road. It is opposite the Municipal Fire station (Bombeiros) and the Blue Elephant car wash. There is plentiful parking in the roads around the showground.

From the motorway take exit 6 to Lagoa, then follow the Lagoa Sul, signs and keep straight on. The showground is on your right soon after the two large petrol stations (GALP and TOTAL).



Win a quad bike at the Fair

This superb Quad Bike, valued at over 2,500 Euros, can be yours by answering a few questions at this month's International Algarve Fair at the FATACIL showground in Lagoa.

Be sure to keep your entry ticket, and then just fill in a

simple questionnaire about this year's Fair and you could be the lucky winner. Every entry ticket entitles you to participate, so increase your chances of winning by making sure everyone in your party keeps their tickets and participates.



American car tragedy victim turns to Portugal for cutting edge hope



Born and raised in Texas, Jeffrey Tomasek has always dreamt of being a doctor. He recently completed medical school and, after 12 years of higher education, was about to enter his final year of residency in emergency medicine when tragedy struck on May 27th, 2006. A terrible car accident left him paralysed and with limited use of his hands, dashing all hopes of a career in medicine.

Jeff had missed his flight to join his family for a break at Walt Disney World, Orlando, instead,

in the ultimate cruel twist of fate, having to make the cross-state journey by car, with relatives.

Having been the victim of a car crash in the late 1990's, as well as being resuscitated years

later from a closed-down kidney and a ruptured spleen, results of his first accident, Jeff was no stranger to overcoming obstacles, but this latest strike of ill fate seemed to be the ultimate blow.

Hope has been found in the form of Portugal's Dr. Carlos Lima, a pioneering specialist in adult stem cell experimentation,

after meeting the doctor at a conference in Detroit and hearing from his patients.

Using state-of-the-art olfactory tissue transplantation for spinal cord injury, Dr. Lima's work is known for being at the cutting edge of medical interventions.

Practicing in Lisbon's historic Egas Moniz Hospital, a sharp contrast to the work that goes on inside, Dr. Lima specializes in an experimental adult stem cell procedure, that takes stem cells from regenerated tissue and nerves inside the patient's nose, and places them at points of injury.

According to Jeffrey Tomasek, "A lot of his patients that were paralysed from the waist down are now able to move their hips and even stand up with the help of a walker ... which is phenomenal".

Expensive, and not yet approved in the United States, Jeffrey is depending on fundraising and donations to help cover a large part of the €50,000-plus procedure and

post-operativetherapy.

In Portugal, Dr. Carlos Lima and his team have treated more than 120 patients from all over the world, including the USA, Portugal, Italy, Canada and the UK, many highly successfully. They have also carried out procedures in other parts of the world, and are now planning a pioneering project in Japan.

His work was featured on an award-winning Public Broadcast Service documentary entitled 'Miracle Cells'. In 2005, the World Technology Network named Lima as a finalist for a prestigious innovation award in health and medicine.

Jeffrey spent 15 days in Portugal with his family, and finally had the procedure he was so excited about. He is now following a rigorous recuperation and rehabilitation programme back home in the States.

For more information on Dr. Jeffrey Tomasek's incredible fight against the odds, to follow his recovery and progress, see his website and blog, www.helpjeffwalk.com.

Lisbon Treaty needs vision from EU leaders to succeed - Cavaco Silva



President Cavaco Silva making a speech at the Queluz Palace earlier this year. (Photo: Lusa / Tiago Petinga)

President Aníbal Cavaco Silva of Portugal said Tuesday the success of the EU's reform treaty will depend on the ability of Europe's political decision makers to build a "vision" for the 27-state bloc.

Speaking at a meeting of seven EU heads of state in Graz, aimed to analyse prospects for the Treaty of Lisbon and EU foreign policy, and security issues, Cavaco Silva said the bloc's reform treaty, approved during Lisbon's EU chair last year and currently being ratified in individual member states, is a "very important step for Europe."

Success of the EU's new rulebook, designed to replace its aborted constitution, rests on the capacity for political leaders to have a "vision" of what the bloc should be and also the challenges lying ahead.

Portugal's President joined his counterparts on Tuesday and Wednesday from Austria, Germany, Finland, Hungary, Italy, Latvia and Poland for talks on "European Perspectives in the Light of the Lisbon Treaty."

Earlier, Cavaco Silva announced he would give final approval to the Portuguese Parliament's ratification of the reform treaty earlier this month on May 9 - Europe Day. TPN/Lusa

Nigerian inks two-way cooperation pacts with Portugal

Nigerian Foreign Minister Ojo Maduekwe wound up a two-day trip to Portugal on Wednesday by signing bilateral coopera-

tion accords with his counterpart, Luís Amado, in areas including education, science and technology, culture and tourism, officials said.

Nigeria's top diplomat, who held talks with leading Portuguese company chiefs on Tuesday, also met parliamentary speaker Jaime Gama, on what was the final day of his official visit to Lisbon.

Maduekwe and Portugal's foreign minister held a working lunch, before inking of pacts in the areas of education, science and technology, culture, youth affairs, sport, media and tourism.

The two diplomats were expected to focus discussions on two-way ties as well as Nigeria's integration into the African Union and West African ECOWAS bloc, of which Lusophone Cape Verde and Guinea-Bissau are fellow members.

Portugal's Camões Institute established an accord in 2005, to set up a Portuguese-language teaching centre in the Nigerian capital, Abuja, and under this agreement one Portuguese lecturer will be assigned to Abuja University, and another to the headquarters of ECOWAS in the same city.

Trade and business relations between Portugal and Nigeria are currently tilted in Abuja's favour, due to its natural gas sales to Portuguese energy firm Galp. Portugal is ranked 56th in Nigeria's import table, according to official Lisbon figures, supplying mainly vehicles and transport material.

TPN/Lusa

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Bring the whole family to enjoy a very special day out.

Old favourites include the **Food Arena** where you can enjoy refreshments while you watch the entertainment on stage; Over **150 Stands** and exhibits with everything for home, garden and lifestyle; **All Day Entertainment** with a truly international lineup performing from 11.30 to 20.30.

Features include the **Motor Show** where you can see the latest models; **Show Gardens** offering peace, tranquility and a Champagne bar, with landscape gardeners participating in *The Portugal News* LANDSCAPE GARDENER Spring 2008 Award; **Puff Park**, an adventure area with several giant inflatables, which has been relocated near the restaurants (children will also find clowns, face painting and a real fire engine to explore); **Arts & Crafts Market** for artisans to show off their wares and **The Algarve Property Show** for visitors who are thinking of buying or selling.

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DIRECTIONS TO FATACIL

From the A2 motorway Leave at Exit 6, then follow signs for LAGOA SUL. This will bring you onto the E125, keep straight ahead through Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.
From Lagos and Portimão on the E125 Drive straight to Lagoa, continue straight

ahead through Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.
From Faro and Albufeira direction on the E125 As you approach Lagoa, pass Barclays Bank (on your right) and the entrance to FATACIL is on the left hand side of the road by the traffic lights.

1
 week
 to go!



Show Gardens



Property Show



Puff Park



Food Arena

A DAY OUT FOR ALL THE FAMILY



Arts & Crafts



Motor Show



Over 150 Stands



Entertainment

The English Butcher, heading to pastures new



Sr. José Santos, aka 'The English Butcher,' has long been hailed one of the Algarve's most original characters, and after over 20 years running his successful business in Al Mancil's high street he is now looking forward to a new life in the beautiful Island of Madeira.

His imminent departure also means an excellent business opportunity for anyone looking to take over a well-established and reputable venture. The door is open, anyone interested in taking over 'The English Butcher' should contact Sr. Santos.

Speaking about his past 20 years in the Algarve and as one of the region's most famous butchers, he said "the business has been my life for the past two decades and I am proud of what we have achieved."

"We have had many customers over the years, who are now good friends and the person buying the business will have the benefit of an excellent counter trade and wholesale customers throughout the Algarve."

Al Mancil is on the doorstep of Vale do Lobo, Europe's premier four-star golf and leisure Resort

and with much new-build in the area, it will be exciting times ahead for the new owners. As for The English Butcher, he is now anticipating some lazy days with his family in the sun.

Visit the English Butcher, op-

posite Al Mancil's main post office, open Monday to Friday, 08h00-13h00 and 15h00 - 19h30, and Saturdays 08h00 - 18h30. Alternatively, call (+351) 289 395 859, or 965 864 682.



Mind over Matters, powerful techniques, powerful outcomes



Alison Blair has come through a route of education in psychology to reach the status at which she finds herself at the moment, a progressive psychotherapist. Alison can treat an extensive array of problems through progressive therapeutic approaches, and her experience enables her to address a wide range of issues in a fast and effective method.

Alison had been coming over to Portugal since 2000 for sailing holidays, when, in September 2006, she moved over for a more quiet life away from the hectic London city life.

She initially started her career as a traditional psychologist and counsellor, but she was very attracted to the idea of new approaches, which she found gave more powerful and prompt responses. She has now completed several UK certificated courses, TFT (Thought Field Therapy), NLP (Neuro Linguistic Programming), Psychological Kinesiology, Hypnotherapy, Performance Enhancement, CBT (Cognitive Behavioural Therapy) and combined therapy support.

She started her career providing education for children and adults, took her PGCE (Post-Graduate Certificate of Education) and in the mid 90's started Corporate Training in conjunction with one on one counselling.

Alison Blair is a TFT Diagnostically trained practitioner, trained by Dr. Roger Callahan, founder of TFT, and also trained in NLP by Dr. Richard Bandler, Paul McKenna, and Michael Neill. Her career now focuses on TFT, but in specific cases she will use other therapies. TFT is a natural, drug-free therapy and can be used to conquer emotional stress, working on negative emotions such as

anxiety, phobias, stress and more. Scientifically proven, through extensive clinical trials, to bring great benefits, not only psychologically, but also physically, TFT can help people safely overcome several problems by tapping meridian points in the correct order to disperse negative emotions. TFT is thought to have helped millions of patients over decades.

Sessions with Alison normally last around 50 minutes, but she usually books them for over an hour as she likes to get to know the client better so she can address the problems in a more effective manner. A big advantage to using progressive psychology instead of normal therapy is the speed of recovery. What would usually take

months in regular therapy; her powerful techniques will deal with problems in just one or two sessions.

Alison has just started giving courses to members of a Real Estate team in order to help them overcome problems they encounter in such an extremely stressful job.

At the moment Mind Over Matters is based in Espiche, Albufeira and Al Mancil and works together with a clinic in Albufeira.

Most of her patients are sceptical about such treatments, but after one or two sessions their beliefs are soon changed. For more information please visit www.mind-over-matters.com, or call Alison directly on 964 951 570.



CLCC, 15 years on, and still going strong



CLCC (Centro de Línguas Cultura e Comunicação) is a learning centre with courses in various areas: languages, management, photography, fitness and wellness, and IT. Celebrating their 15th anniversary, CLCC have started a fitting summer campaign, 15 years, 15% discount.

CLCC is the instrument foreign residents need in Portugal to expand their language knowledge to a new level.

Offering English, German, Russian, Portuguese, French, Italian and Spanish courses, the classes are kept small, of just six or seven students, so a more personalized teaching method can be employed, assisting learners in areas where they have most difficulties.

For learning Portuguese the course is divided into seven different programmes to meet everyone's requirements.

All language courses usually last about three months, or 32 hours, and at the end an authorized diploma is awarded.

During the summer they also have intensive language courses, compacting the hours.

Another addition for the summer is a digital photography course allowing all technologically-minded people to take full advantage of their new piece of kit. Also available is a practical photography course, teaching techniques, image composition and photograph development in a darkroom.

In Fitness and Wellness, Tai Chi Chuan, Yoga, Chi Kung, Pilates, Meditation, Ballroom Dancing and Argentinean Tango will revitalize your body and mind, with

classes for all age groups. If you are not sure what you would like to do, you can try a class free of charge to ensure you have made the right choice.

CLCC has extensive IT courses, for beginners or experts, with all the equipment needed, from high performance computers with the latest software, to a multimedia laboratory.

CLCC is located next to Portimão train station; it has 18 classrooms and a coffee shop, where you can relax before or after your lessons. A total of 80 staff are employed, full and part-time, for the various courses, including fifteen administrative staff.

Their summer campaign of

15% discount is in partnership with Lar Bom Samaritano children's home, and the discount is only applicable if a donation is given to the Home.

An open week will be held between 23rd and 27th June to enrol in any of the summer courses available.

CLCC will have a stand at the International Algarve Fair, where they have a few surprises in store for the people attending.

To put into words all the courses available, a book would be needed, so please visit the website for more information www.clcc.pt or email geral@clcc.pt. For phone enquiries call 282 430 250.

The founders of CLCC



Justwhite celebrates second anniversary



Last month linen specialists Justwhite commemorated their second anniversary of successful business. Another reason for celebration is their new range of stock that now fills their even larger new showroom.

Birthdays come and birthdays go, but for Trishell Gill and Chelo Sánchez, owners of Justwhite, their second 'birthday' is proving rather special. It's two years since they took over Justwhite, the bedroom and bathroom essentials business which they have made their own. In that time, they have moved the business on to a new level of success, partly due to their recent relocation to larger premises next to Casa do Campo restaurant in Al Mancil.

It has been a springboard taking the business forward, along with two well-stocked warehouses, an online catalogue and the introduction of new bedding packs in basic, comfort and luxury styles. All this in time for their April 'birthday', marking the date they acquired Justwhite. "White is the colour which implies that which is pure, fresh and clean," explained Trishell. "But there are also some very practical reasons for choosing it." All bed linen and bath towels can be mixed in any of your bedrooms and bathrooms to cope with demand. New bed linen and towels will match existing items.

There is no need to keep sets separate for each room and, importantly, all bed linen and towels can be washed together without the risk of colours running. "To complete the picture, white gives an air of luxury – it is, after all, the choice of the best hotels and luxury spas." So, that's the philosophy and the practicality of it all, but all these factors are not, on their own, enough to spell success.

That comes from the personal touch, which ensures clients know they are important and highly regarded, whether they visit the premises or order online. "We have created a great delivery and customer service team," said Chelo.

"They all have the same helpful and enthusiastic attitude. Customer service has been our number one priority." The girls reckon that all this, coupled with the fact that they now stock new, top brand English beds for immediate delivery, including Silentnight, Sealy and handmade beds from Pocketspring, has ensured their second birthday is a sig-



nificant and successful milestone in the Algarve business world.

They are also expanding into a junior product range, for ages 0-12 years old.

Other new additions include Spundown duvets, which are easy to wash in a domestic washing machine and superior quality, extra long pillows (50 x 90 for Super King or Emperor beds), and new duvet sets in beautiful Egyptian cotton, cotton and polycotton.

Bedding Packs are another novelty, offering the basics for your property in three ranges: Basic, Comfort and Luxury.

Full information on Bedding Packs can be emailed on request. For more information, pop into the new shop or visit Justwhite online to see more of their latest products.

Call: (+351) 289 399 523, or see website www.justwhite.com.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 3 May 2008

PROPERTY OF THE WEEK

Jardim de Bensafirim, Lagos



Situated high on a rural hilltop in a peaceful cul-de-sac made up of elegant townhouses with manicured gardens, this week's property of the week is a end-of-row, three-bedroom villa of quality construction and ideal location. Just five minutes from Lagos city centre, Jardim de Bensafirim is also on the doorstep of a handful of charming countryside hamlets, like Portelas and Barão São João, as well as offering excellent connection to the A22 motorway.

In front of the villa is a large gravelled area, where at least two vehicles can be parked. A pathway of stepping-stone slabs leads to the main entrance.

Through the front door we enter a small hallway; directly ahead is a guest WC, to the right the hall-

way opens up into the spacious living/dining area.

Comprising a storage closet and a functional wood-burning stove, the living area is roomy and bright, the dining area being set off to the left.

Both the living and the dining

area have large patio doors that open on to a pretty pergola-covered, cobblestone terrace that overlooks the front of the villa. It is a picturesque setting for summer evenings and al-fresco barbeques.

Through from the dining area, to the back of the villa, is the



kitchen.

Whilst not the biggest of kitchens, it is well equipped, modern and light, with plenty of storage space. It also has a backdoor that opens onto the gardens to the back of the property. As there is no lawn, just a wealth of mature plants and trees, the back garden is still somewhat of a blank canvas waiting for a personal stamp, and could easily accommodate a swimming pool.

At the back of the villa is a second entrance to the property, from where a drive leads down through the garden to a garage, which has space for one large vehicle, plus ample storage.

Left again from the dining area is the bedroom wing, comprising two double bedrooms, both with fitted wardrobes and patio doors leading onto a terrace, and a shared bathroom, which is also of a good size.

Up a flight of marble tread and tile-backed stairs, from the living area, we climb to the first floor, which is entirely made up of the en-suite master bedroom.

Spacious, with two sets of fitted wardrobes and a decent size en-suite bathroom, the master bedroom also has a private Venetian-style balcony, from where uninterrupted views of the surrounding countryside can be savoured.

Overall the villa is cool and in calm surroundings, equipped with SAT. TV and in very good condi-

tion. Ready to move into, it is being sold fully furnished and would make an excellent holiday or full-time residential home.

It is presently on sale for €335,000.00.

For more information or to

book a viewing, please contact Anika de Kruijff at Remax Lagos on: (+351) 966 889 290, fax: 282 780 589, or e-mail:

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Alternatively, see website:

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**Tavira: 281 320 281
Vilamoura: 289 301 294**



Fonte Santa - Cacela

Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!
Ref: LHT-853 Price: € 199.000



Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.
Ref: LHV-927 Price: € 640.000

WANTED



Good quality properties

If you are the owner of a good quality property and wish to sell,

please contact us to arrange an appointment.



Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m2, built in 2005
Ref: LHV-901 Price: € 895.000



Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m2, plot 40.700m2
Ref: LHV-904 Price: € 2.400.000



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Boliqueime

A magnificent location for this brand new 4 Bedroom Villa, nearing completion & available to finish to the buyer's requirements. Fantastic 180 degree sea views in an elevated position & close to all amenities of the Algarve. Not to be missed!
Ref: 196LLE-M Price: € 795.000



Dunas Douradas

Excellent 4 bedroom Villa w/ 2 floors in Dunas Douradas between Vale do Lobo & Q1º do Lago. Fully equipped kitchen & fully furnished. All bedrooms en suite. Large living & dining room w/ fireplace & glass doors leading to Patio. 5 mins to Golf Courses, beach & all amenities.
Ref: 186LLE-M Price: € 850.000



Stª Bárbara de Nexe

Most beautiful location for this 5 bedroom Villa w/ fantastic sea views & set in beautiful established gardens, including a restored Windmill. 5 bedrooms (2 en suite), very large-south facing lounge, that leads to patio & pool & views of Ria Formosa Nature Reserve.
Ref: 215FAR-M Price: € 750.000



Campina

Delightful & very pleasing 3 bedroom Villa, w/ good views, nice Pool, garage & gardens, just been redecorated throughout. 2-car parking plus garage space. Just north of S. Brás Alportel, central heating. Could separate for holiday lettings. Really good value for money.
Ref: 198SBA-M Price: € 380.000



Calçada (S.B. Alportel)

Delightful Quinta in quiet & peaceful location, close to S. Brás Alportel. 3 separate self contained Villas plus an annexe & Carport, all in a plot of 910 m2. 5 bedrooms, 3 bathrooms, Salt-water pool, beautiful gardens & private parking. Excellent rental potential and a peaceful residence all in one, with further development potential.
Ref: 211SBA-M Price: € 415.000

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Vilamoura

One bedroom apartment composed of bathroom, lounge with fireplace, kitchen and terrace. Furnished and equipped. Communal swimming pool and garden area. Construction area - 65 sq.m.
Ref: A1244 Price: € 130,000



Vilamoura

Attractive two bedroom apartment composed of 2 bathrooms, lounge with dining area, kitchen and terraces. Furnished and equipped. Communal swimming pool and garden area. Construction area - 119 sq.m.
Ref: A1234 Price: € 340,000



Vilamoura

Spacious semi detached villa composed of 4 bedrooms, 5 bathrooms, lounge, dining area, kitchen, wine cellar, terraces, basement and garage. Swimming pool and garden. Plot area - 490 sq.m. Construction area - 220 sq.m.
Ref: V12558 Price: € 660,000



Vilamoura

Villa situated in front of golf course composed of 4 bedrooms, 4 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room, storage, barbecue, roof terraces & various terraces. Sw. pool & garden. Plot area - 814 sq.m. Constr. area - 256 sq.m.
Ref: V12560 Price: € 1,250,000



Vilamoura

Plot of land situated in front of the golf course, with project approved for a villa with approximate 400 square metres of construction area. Plot area - 3,859 square metres.
Ref: L44825 Price: € 1,350,000



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BARGAIN PRICE!!
3+1 bedroom villa set in quiet location, in Fuzeta. With garage and swimming pool, walking distance to the sea!! Excellent price!!!
PRICE REDUCED: €299.000,00
Ref.: MG-VIV-0028
Call: 917 787 582



Fuzeta

BARGAIN PRICE
2 bedroom NEW apartment includes garage, close to all amenities. Excellent finishing!! Excellent price for this location!! Walking distance to the water...
PRICE REDUCED: €120.000,00
Ref.: CB-APT-0012
Call: 915 599 252



Olhão Surroundings

Villa w/ 3 bedrooms on main house, plus 3 bedrooms on 1st floor w/ separate entrance & separate studio w/ kitchenette. Large size garden, sw. pool & parking space... all in approx. 5760 sqm plot.
Price: € 525.000,00
Ref.: MG-VIV-0108
Call: 915 599 243

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€230,000 Quarter Share

V451LV



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- Air Conditioning
- Beautiful Views
- Golf Rights
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V458T

AMI Nº 7154

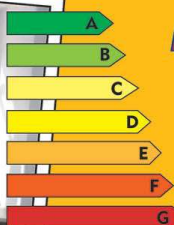
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Neighbourhood Tavira

2 to 3 bedroom villa w/ roof terrace built in 1992 surrounded by 6.400 m² of pretty land and garden, with swimming pool, garage. Situated in the countryside, 5 kms from Cabanas / beach and various attractive golf-courses, 7 kms from Tavira.

Ref: EA 065-VEST – € 375.000



Corte António Martins

Situated close to Monte Rei golf course, 10 driving mins to Vila Nova de Cacela w/ its variety of shops & restaurants & to the long sandy beach of Manta Rota. 3 bedrooms, 3 bathrooms, lovely 40m² conservatory, surrounded by 1.480m² of fenced land.

Ref: EA 066-VCAM – € 340.000



Conceição de Tavira

Spacious 1 bedroom apartment on the 1st floor of a building consisting of 3 floors, with large south and east facing terrace, within walking distance to Conceição w/ all the shopping and transport possibilities, 2kms to the beach and 500m to Benamor golf-courses. Mains gas, prepared for air conditioning.

Ref: 067-ACON – € 125.000



Cabanas

2 bedroom apartment with 8,5 m² terrace, situated on the 1st floor of an urbanisation with access to 4 swimming pools. This apartment is situated within walking distance to Cabanas centre / beach, 1km to Benamor golf-course and 3,5 kms to Tavira. To be sold furnished & equipped. Brilliant letting potential.

Ref: EAACAB – € 149.000



Vila Nova de Cacela

High quality 3 bedroom villa under construction, prepared for air conditioning, central heating & solar panels. Large basement w/ garage & additional potential for another bedroom or games room. Swimming pool. Walking distance to village w/ all facilities, 2kms from Manta Rota beach, 5 mins. from various golf-courses.

Ref: EA VVNC – € 295.000

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Ref: V1091

Prices: € 605.000 – € 675.000



São Brás de Alportel

- Attractive villa built 1998
- Country views
- 3 bedrooms 3 bathrooms
- Gas central heating
- Pool, garage & garden
- Villa 200m² plot 1.000m²

Ref: V1093

Price reduced to: € 350.000



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Santa Bárbara de Nexe

- Attractive new villa
- Lovely country views
- 3 bedrooms 3 bathrooms
- Plot has 2 urban numbers
- Possibility for 2nd villa
- Villa 200m² plot 1.200m²

Ref: V1100

Price: € 430.000



Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref: V1049

Price: € 1.300.000

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Vilamoura

1 Bedroom apartment located at the exclusive Hilton Hotel 'As Cascatas' complex in Vilamoura. The apartment offers air-conditioning, ultra-modern kitchen, luxury bedroom and bathroom. 6 x Heated Swimming Pools, Tennis Courts, Gym, Bars, Restaurants and the largest Health Spa in Portugal!!
Price: €495,000



Vilamoura

Beautiful 3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool, located within a few minutes walk of the Old Village and its amenities. The villa is sold "Fully Furnished" and is an ideal holiday home.
Price: € 495,000



Vilamoura

New 2/3 Bedroom townhouses with electric shutters, modern fully fitted kitchen, electric radiator heating, pre-installed for air-conditioning, central vacuum system and large garage suitable for 3rd bedroom or games room.
Price: €395,000



Almancil / Vale Formoso

Luxury 2 Bedroom "Fully Furnished" townhouse located on a small condominium of only 12 villas with use of Tennis Courts. Within 5 minutes Drive of Quinta do Lago and Vale do Lobo beaches and golf courses.
Price: €345,000



Vilamoura

Renovated 4 bedroom townhouse on a well kept condominium overlooking the Old Course golf course with air-conditioning, under-floor heating, modern kitchen and large lounge with wood-burning fireplace and children's separate games/TV room.
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Carvoeiro central

Top floor apartment close to Carvoeiro beach w/ large communal sw. pool, elevator, ample parking. 2 bedrooms w/ wardrobes, lounge / dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment.
Ref: A-235 Price: € 175,000



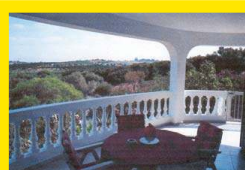
Salicos

2 bedroom apartment w/ established garden, very private BBQ area, communal sw. pool, most desirable location location, close to Centianes beach. Lounge w/ wood burner, modern kitchen, w/ floor heating in bedrooms. Ideal for rental or permanent home.
Ref: A-237 Price: € 250,000



Near Silves

Charming detached farmhouse on 1200 sqm plot. 2 double bedrooms, 1 shower room, spacious lounge / diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/C, wood burner, garage/workshop, utility room, space for pool, own borehole.
Ref: V-351 Price: € 269,000



Salicos

Spacious 3 bedroom villa, excellent location w/ view of Monchi-que mountains, on a cul-de-sac. Close to Marinha beach. On 3000 sqm plot. Open space kitchen/lounge/dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.
Ref: V-349 Price: € 450,000



Carvoeiro

New construction. Villa composed of 3 bedrooms, 3 bathrooms en suite, 1 studio bedroom, 2 wc, lounge, kitchen fully equipped, laundry, 4-car garage, pool, Air conditioning/heating, under floor heating in bathrooms. Large terraces.
Ref: VH-459/07 Price: € 950,000

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Vilamoura Ref.V71965

Located in a cul-de-sac, 4 bedroom detached villa in quiet residential area, 20 min. walk from Vilamoura centre. 750 sqm plot w/330sqm constr. area. Spacious living w/ fireplace. 4 en suite bedrooms. Fully fitted kitchen. Office. Finished to high standard. Garden w/pool, BBQ area. Alarm sys. Pre-installed for A/C.

Price: € 850,000.00



Tavira Ref. EA82131

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Marina Vilamoura Ref.A82124

Spacious apartment on prestigious complex beside Marina & beach. Sw. pool. Constr. area: 85sqm. 2 mins walk to Marina & beach. Fully fitted kitchen. Totally furnished & equipped. Excellent finishes. Large balcony w/ excellent sun exposure & sea views. Underground parking space. Excellent letting potential.

Price: € 272,500.00



Carvoeiro Ref. MB82125

3 bedroom townhouse, 200m from beach. Top quality finishes. Underfloor heating in bathrooms. 176sqm. constr. area. All bedrooms en suite. Fitted kitchen. Living room w/ fireplace. Alarm sys, A/C & central vacuum cleaning sys. South facing roof terrace w/ jacuzzi. Panoramic sea view from living area. Investment opportunity. Brand new.

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Spacious villa near Aljezur, now divided in 2 apartments, Gr.fl. apartment with 2 bedrs, livingr, kitchen, bathr. 1st fl. Apt with 3 bedrs, 2 bathr, livingr, kitchen. Plot ca 1000m2, big garage, terraces and balconies. **Price: €250,000.**



Splendid top floor apartment in the luxurious complex Foz da Ria with fantastic sea- and river view. Heated pools, gym, garden, garage and storage. Fully (very stylish) furnished and equipped. **Price: €330,000.**



Apartment with magnificent seaview on Meia Praia in complex with heated pool, parking and garden. 2 bedrooms, livingroom with fireplace, kitchen, 2 bathrooms. Fully furnished and equipped. **Price: €318,000.**



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Ref.: S246



Detached Villas & Homes with Income in Different Areas

- LAGOS AREA, S194.** 6 bedrooms plus (several apartments), very quiet area, not far to the beaches, €699,000.
- MONCHIQUE AREA, S23.** Huge villa with self-contained apartment with 2 bedrooms, sea views from the distance, pool, garden, terraces, lovely countryside, €550,000.
- MONCHIQUE AREA, S76.** Composition of 4 houses with total 5 bedrooms, pool, 180m² living area, terraces, on 2.200m² land, €200,000.
- SILVES/MESSINES AREA, S83.** Rural property w/ main house & two houses to let: each 2 beds, lounge, kitchen & bathroom. Fenced plot, lovely garden w/pool in unspoilt countryside, € 599,000.



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Which mower to choose?



As the weather warms up, gardeners will be setting their lawnmower blades slightly higher to give their grass the first cut of the season. But if your mower is past its best, what is the best new option?

There are many mowers on the market, but do you need a rotary or a cylinder, an electric or a petrol? There are even robotic types available, which claim to do the job for you.

Electric mowers are fine if you have a mains electric socket handy and enough cable needed to cover the ground. They also

tend to be cheaper and are easy to use. The disadvantage is that the trailing cable can be a nuisance as you must be careful not to run over it and it can restrict your mobility in a large garden. Make sure you use a 'Residual Current Device', so that the current is switched off automatically if there is a fault or an accident.

You may be better off with a petrol motor if you want the freedom to cover a lot of ground, although they are heavier. But this means that the roller (if you have one) will produce stripes on the lawn. Remember, though, always to take the mower off the lawn for refuelling, as spilled petrol will kill the grass.

Cylinder mowers have a series of moving blades fixed around a cylinder, passing over a fixed bottom blade to create a scissor-like cut. Efficiency is determined by the number of blades on the cylinder and how fast they rotate. Cylinder mowers tend to give the cleanest cuts and are ideal for maintaining top quality lawns, but are generally unsuitable for long, coarse or wiry grass (often the type of grass grown in Portugal). They are quiet so you won't annoy the neighbours and will keep you fit while pulling and pushing the machine over a small lawn!

With rotary mowers, a blade or blades rotate horizontally, supported either by wheels or, in the case of hover mowers, by riding on a cushion of air. Rotary mowers are more suitable for longer, rougher grass areas and slopes. They are not designed for straight-line mowing and won't stripe your lawn.

I would personally go for a mower with a grass collection box, as leaving clippings on the lawn is messy, they are often trodden into the house and clumps of clippings left on the lawn cut off light and air.

Today you can buy mulch mowers, which chop the clippings into tiny pieces and blast them firmly down the lawn, where they will rot down to feed the grass and conserve moisture, although they still leave you with the irritation of treading grass into the house.

It may be wise to leave the first and last clippings of the season on the lawn as the grass can benefit from the nutrients, shade and moisture provided by the clippings without too many clogging problems. However, if you do this constantly, it can lead to thatch, a thick layer of dead grass and weeds which can hinder a lawn's growth and could lead to other problems including bad drainage and moss.

Hannah Stephenson

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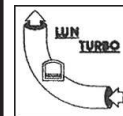
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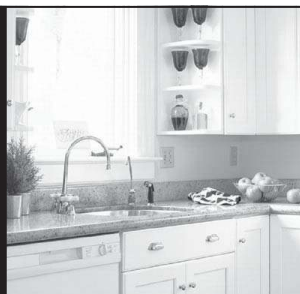
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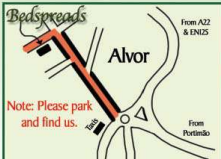
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Bedroom partners are seldom perfect in every way - but when they become tired looking, scruffy and frankly past their sell-by-date, they should be ditched.

Relationship counsellors might wince at such harsh, unforgiving treatment but we're talking image here and you can't be too careful.

Actually, it's nothing personal. I'm referring to the bedside table, which is one of the most useful pieces of furniture in the house but one that can be so taken for granted.

Be ashamed if it's just an unattractive, cluttered dump-

ing ground, coated with coffee mug stains and wobbly piles of magazines.

This is seriously not doing anything for the look of your bedroom (especially important if you have visitors) and not only that, gazing at a muddle just before you go to sleep can give you bad dreams.

Such a messy state of affairs probably means that you're not compatible with your bedside companion. If the bedside table or chest is overflowing with possessions it's probably too small, and maybe has too few or no drawers.

Your bedside table may have other failings. Just as

partners that are too short can be a trial (no heels!) a bedside table that's too low can also be downright irritating. Leaning down, bleary-eyed to pick up clocks or cups inevitably leads to spills, breakages and possessions rolling under the bed never to be found again.

So end the nightmares and find the perfect sleeping partner - whether it's a slim and lean model, a Mr Darcy period style piece or even a Scandinavian style bedside hunk.

Be inspired by our selection and other top tips on creating a dreamy bedroom.

Gabrielle Fagan



BEDDING BREAKS THE BANK

While our bedside tables may need TLC, our beds are spoilt rotten, according to 'between the sheets' research by Silentnight Beds.

Apparently we each spend a staggering £10,000 (£12,534.71) plus during our lifetime on our bedding, by changing the style of it at least 20 times.

We're not content to slip into anything less than luxurious, so nearly 60% of us have at least two sets of top quality Egyptian cotton sheets.

Not only that, we probably lose sleep dreaming of the perfect bedding as 72% of us spend two months searching for co-ordinated bedding, or personalising a bed with chenille, velvet or silk throws, runners and at least four textured or decorative cushions.

Steven Simpson at Silentnight Beds, says: "Gone are the days of simplicity where a plain duvet cover and two pillow slips sufficed, as luxury-loving Brits now see their beds as a blank canvas on which to create a work of art and love layering a bed with fabulous fabrics and textures. On average, people

spend up to £500 (£627) on a fully-dressed bed."

If you haven't treated yourself to new bedding lately Dorma's new collection in Supima, a fabric they describe as the 'cashmere of cotton', might inspire a splurge.

A collection with a 300 thread count comes in eight complimentary colours, including white, cream, laurel, gold and silver and features a subtle self-colour pinstripe or stylised trellis jacquard. It starts at £15 (£18.81) for a pillowcase.

A 200 count range is available in eight colours, including neutral white and pastels such as willow and ocean. It starts at £10 (£12.55) for a pillowcase. Both ranges have a quilt cover, pillowcase, flat sheet, fitted sheet and valance.

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Bedside Chest from the Winchester Collection.

Don't ignore the one-stop source for all things white and stylish, The White Company. Its collection of white bedside tables is well priced and includes a Provence bedside table, with one drawer which matches one of its beds.

Bag a bargain with Littlewoods Bedside cabinet with mirrored drawer front, or save even more pennies with a Gloss White Wooden Bedside Table, from Woolworths.

BEDSIDE DATING

Match your bedside table to your needs. Followers of fashion won't want a table that looks dated. Toby Ash, Creative Director for New Heights, advises: "Walnut and oak are extremely popular at the moment, creating strong yet sophisticated looks."

"We've seen a breakaway from the very minimalist look over the last year. Clever detailing and subtle style references to movements such as Art Deco, arts and crafts, oriental and Scandinavian furniture are becoming more popular to create a bedroom with more personality."

Don't restrict your choice to

tables that match your bedroom furniture. While this can give a unified and cohesive look, mixing and matching styles and designs is equally popular now, and set beside a plain-styled bed or upholstered headboard an individually chosen bedside table will add character.

Before you buy, check the table height is appropriate for your bed. As a guide the top of the unit should not be lower than the top of the mattress.

If you like reading in bed ensure that the height of the bedside lamp on your table will be appropriate to the table height.

CLASSICALLY HANDSOME

Good looks and period romance - an irresistible combination - are both easy to conjure up with a bedside table from The Real Wood Furniture Company.

It uses eco-friendly sustainable woods and one of its top sellers is an antique-finish bedside table, from the Norfolk Collection. It has three drawers and is beautifully crafted in oak and burr oak.

This table does have quite a hefty price tag but you can match it to a headboard or make a statement with a four poster. If you're looking for traditional style and have a smaller budget, match yourself up with a Lille Bedside Chest from Willis & Gambier.

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If you're hankering after something pale and interesting a couple of light wood Milton three-drawer chests from The Cotswold Company could be a perfect partnership.

Creating a light, airy atmosphere is easy if you echo Scandinavian or New England style with white painted furniture.

The Cotswold Company has a white-painted Farmhouse chest, while Willis & Gambier's attractive white

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Batten down the hatches!

SIR, The banks, the banks, when folk wake up to their tricks ?? Last century they craftily withdrew precious metal coinage. That, young reader, made our 'Promise to pay the bearer' notes redeemable in useless, cupronickel rubbish instead of the former gold or silver, and, at the same time, they legislated against us holding more than a few gold Sovereigns ourselves. Now they've also got most of us onto plastic 'Noddy' cards with pretty holograms.

Their system has been based on colossal borrowing into the zillions, which has put those not yet born into debt. Now they have a 'hiccup' : or is it the inevitable 'Day of Reckoning'? When I hear the top gurus of their rotten system, Alan Greenspan and George Soros, warning that we are facing a crisis worse than the 1929 crash, I listen to no TV pundit or politician trying to reassure me. The writing is on the wall.

Banking whizz kids have been allowed to grant loans and mortgages to poor, ill-educated people knowing full well that they will be unable to repay. Motivated by their sales-led bonuses and aided and abetted by their equally greedy superiors, morals never came into it; but they have no worries, isn't it always a 'win-win' situation for the banks with repossession?

Gordon Brown (described as a brilliant economist, but who sold off our gold when the market was at rock bottom), has now been called in by his US based masters for his instructions. These are, to

con the taxpayer into bailing them out. More billions are to be given to the banks, using their 'assets' as guarantees. What assets Mr. Brown ? Their worthless mortgage portfolios ? And what if some of these usurers go bust, as they should? We all know the answer to that one ! "It was unforeseen, circumstances beyond our control, global factors ... lessons will be learned"

Don't listen to the reassurances of these political pygmies my friends, they speak with forked tongues. Like the war criminal Blair, they have their pockets lined already and a bolt-hole waiting in the US if things get really bad. Batten down the hatches and prepare for 'The Big One' !

Oh, and forget those holiday lets, those of us back here will be lucky if we can afford a weekend in Cleethorpes!

BRICE GORDON, Cheltenham, England

Follow my leader

SIR, I was sitting in a queue at the level crossing in Messines, waiting for the afternoon Intercidade to pass through. A motor scooter ridden by young person approached from the opposite direction, weaved through the barriers and continued on its way. Presumably the all-over helmet that the rider was wearing would have been adequate protection if something untoward had happened?

Very shortly afterwards a jogger followed the scooter, executing an impressive body-swerve across the double track without slackening pace. As he passed, I glanced in my rear view mirror and

noticed the three initials proudly emblazoned on the back of his tracksuit: G-N-R

Unfortunately I had no camera with me at the time to record this double stupidity, and the GNR officer's disregard for his duty.

DAVID HOWES, Messines

How safe is your pension?

SIR, After you have read this, you may wonder ...

A while back, I thought I would write to the Pension Services, as I had been told that I may be entitled to some tax credits. Knowing the reluctance of any government

picked out and scrutinised as a separate entity, and possibly victimised. Every one should be entitled to fair treatment, exactly the same, and whoever they are, not a sample.

So I didn't fill in the form, and thought that was it, going on past performance. Little did I know that it was only the beginning! A month went by, and I received another form, exactly the same. I never thought much about this either, possibly someone had nothing to do in the office, like a readers digest book, it keeps happening.

Another month went by, I received a letter from the same offices, this time someone with an

September Travel

I've packed my suitcase ready to go to Norway in September, extra jumpers, wooly socks and two bottles of whisky; well, I'm only staying there for four days, but there might be a war breaking out.

Booze is very expensive in Norway so I can't go into bars, but sit in a tiny hotel room drink good whisky from a glass in the bathroom, the one used to brush ones teeth in the morning.

I will be walking around in streets, where no one knows me, there will be rain and I have no umbrella, and I will end up in one of those expensive bars, just standing there drinking and talking to no one.

I have unpacked my suitcase, and opened one of the bottles and sit in my favourite chair drinking a drop, I will not be going back to Norway this year, the dog is old and can't be left alone in a kennel.

J.O.H.

offices to volunteer any information willingly; you have to apply for it. I was duly sent a form to fill in, which I expected, and this was OK, but when I read their opening gambit, I was put off a bit.

Apparently I was being singled out as a random sample of some kind. Now, I didn't like this! If I apply for something, I want to be treated the same as anyone else, given the same treatment, not

English name, informing me, and I quote: 'About payment of your State Pension. I am writing to tell you that we have stopped payment of your state pension from this point. This is because you have failed to reply to letters sent by this department. Pensions Officer'.

Of course this was a great shock to me, I, along with millions of others are under the mistaken im-

pression that the [state] pension is sacrosanct, something that you have paid into for 40 odd years, untouchable, but this proves that it's not!

If the wording of the form had been couched differently, and not quoting that they were taking a sample of people, I would have been happy to complete the form, but a sample to me suggests that the majority of applicants possibly could be accepted, but a sample maybe thoroughly investigated, or at the very least treated differently. That doesn't sound like a fair system to me.

I was tempted to write a few short words to them about the proximity I would choose for the tax credit to end up in, but I refrained from doing so, and told them to forget it, and give me my pension back. I dreamed being told that I would be shot with a slow bullet, if I tried to claim again, but time has passed, so I think I'm safe, unless they read The Portugal News!

R.L., By fax

Reply to Hein Weller

SIR, I refer to the issue dated 19.4.08, and specifically to the letter from Hein Weller. Can he explain why the residents should pay for the traveller's water, rubbish and free park-up?

Yes, we have to pay rates and water rates (which cover bins and indeed dog foulings), why do these freeloaders think it is free? Why should I pay for bins to take your rubbish and dog mess?

If Germany and France accommodate your expense for nothing and you prefer it - simply stay there. Do you not find it reasonable that you pay for yourself? Certainly I do not wish to contribute.

So in Portugal and Spain pay what it should cost! This is Portugal/Spain, not Germany or France! I presume it's about cheap holidays - but I don't want to contribute!

A.M. PYNE, Portugal

Re: Same sex marriage in Portugal

SIR, On pg. 13, April 26, the The Portugal News ran a story on the Bloco Esquerda's plan to push through same-sex marriage in Portugal. This reminds me of U.S. presidential candidate Barack Obama's promise to use his office as a "bully pulpit" (his actual words) to promote the same gay agenda.

Does anyone seriously believe gays are even interested in or capable of the monogamy marriage requires? Besides a few couples for propaganda purposes, places where gay 'marriage' is on the books, very few gays have even bothered to apply. The real agenda behind it is to tear down natural marriage thus paving the way for a redefining of society and even reality itself.

After gay marriage, the right to adopt is sure to follow. This will make man/woman differences irrelevant for parenting. 'mother' and 'father' will become archaic terms as is now the case in Spain, where the newspeak uses Progenitor A and Progenitor B on birth certificates in lieu of the old gender based words.

The article says that May 17 will be gay holiday in Portugal. Christmas, St. Antonio's Day and Pentecost Sunday will have to share the calendar. Cops are to receive 'special training' and those foolish enough to object to

this celebration of perversion will no doubt be guilty of hate speech and dealt with accordingly.

Students of history will recall a similar restructuring of marriage, language and calendar used in France's Reign of Terror and wherever communism has dominated. It seems the writing is on the wall. A new world order is dawning.

JAMES ROSS, Estoril

Ref. Lintel

SIR, Before Christmas I was persuaded by a company representative of Lintel - a company offering cheap international phone calls - to become a subscriber to their service. I did so on the basis of two representations both written and oral, namely, firstly, that the company would always advise me in advance of its intention to debit my bank account, and, secondly, that I would be advised by e-mail the next day of the cost of all calls made the previous day.

Despite numerous representations the company consistently fails to honour its promises and recent complaints are ignored.

In fairness the company does appear to provide a relatively cheap 24hr service, mostly through its prefix system whereby one dials 1050 before the required number, however, its accounting system leaves a lot to be desired. I would be interested to learn if other readers have encountered problems with Lintel and what, if anything, may be done about it.

RONALD LINDSAY, Tavira

Only in America!

SIR, Here is a noncontroversial item I received a short while ago. I can't vouch for the truth of it of course, but it is said to have won First Place in a recent American Criminal Lawyers Award Contest.

'A lawyer in Charlotte North Carolina purchased a box of very rare and expensive cigars and then insured them against, amongst other things, fire. Within a month, having smoked his entire stockpile of these great cigars the lawyer filed a claim against the insurance company. In his claim, the lawyer stated the cigars were lost "in a series of small fires." The insurance company refused to pay citing the obvious reason, that the man had consumed the cigars in the normal fashion. The lawyer sued and WON!

Delivering the ruling, the judge agreed with the insurance company that the claim was frivolous but nevertheless the lawyer held a policy from the company, which it had warranted that the cigars were insurable and also guaranteed that it would insure them against fire, without defining what is considered to be unacceptable "fire" and was obligated to pay the claim.

Rather than endure lengthy and costly appeal process, the insurance company accepted the ruling and paid \$15,000 to the lawyer for his loss of the cigars lost in the "fires".

After the lawyer cashed the check, the insurance company had him arrested on 24 counts of arson! With his own insurance claim and testimony from the previous case being used against him, the lawyer was convicted of intentionally burning his insured property and was sentenced to 24 months in jail and a \$24,000 fine.

I'd like to think it was by the same judge!

RON LAVERY, By e-mail

Portuguese for Beginners

Emília Rosendo

117

THIS LESSON:

The Plural of Nouns

The plural of the nouns ending in **-el** is formed by adding **-eis** or **-éis**.

Read the sentences which follow:

- ⇒ O pincel está sujo.
- Os pincéis estão sujos.
- ⇒ Este móvel é antigo.
- Estes móveis são antigos.

② Write the plural of the sentences below.

- a) Este anel foi uma herança da minha avó.
- b) O rapaz assinou o papel, dobrou-o e meteu-o dentro de um envelope.
- c) O túnel é muito estreito e escuro.
- d) O quartel é espaçoso.
- f) Este pastel de nata ainda está quente.

Some nouns are only used in the plural (see the box).

② Complete the sentences with the correct word (only used in the plural) from the box which follows:

* belas-artes	* subúrbios	* calças
* olheiras	* algemas	* férias
* damas	* óculos	* calções

a) - Onde é que vocês passaram as vossas últimas _____ ?

- No sul de Espanha.

b) Ele tem muita falta de vista e, por isso, tem de usar _____ .

c) Aquela rapariga está a estudar _____ numa universidade estrangeira.

d) O agente da polícia pôs as _____ no prisioneiro.

e) Eles estão a jogar _____ há cerca de duas horas.

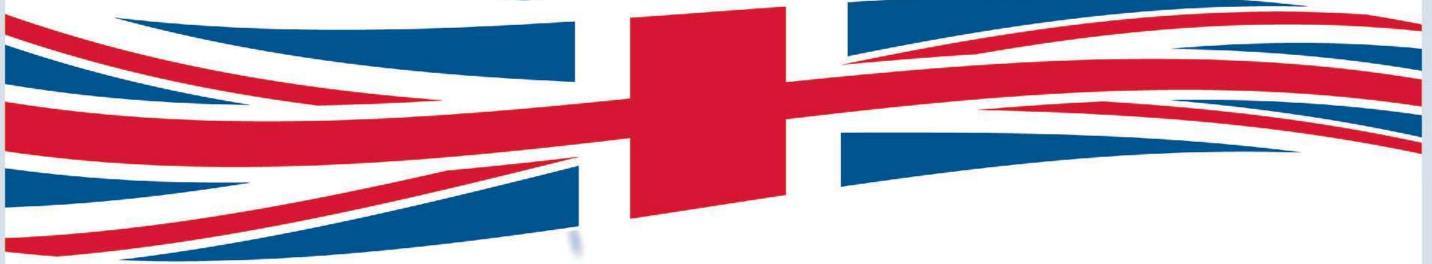
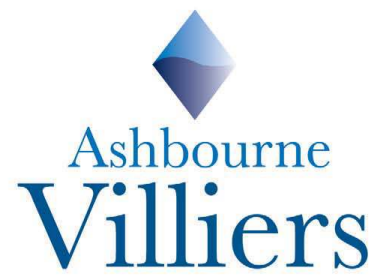
f) - Ainda moras no centro da cidade?
- Não, agora moro nos _____ .

g) Hoje de manhã acordei com _____ porque dormi muito pouco.

h) - Já passaste as tuas _____ a ferro?
- Não, ainda não, mas já passei a camisa.

i) Já está calor, por isso vou vestir uns _____ .

British and living in Portugal?



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The Willy Wonka of cooking

Meet the man who made snail porridge and whiskey wine gums a delicacy - and who is now looking for 10 amateur chefs to join his kitchen. We cook up a feast with Heston Blumenthal.



Journalist Sarah O'Meara

With snail porridge and whiskey wine gums on the menu, you half expect the owner of three-starred Michelin restaurant The Fat Duck to be an eight-year-old boy. But although Heston Blumenthal's 'add liquid nitrogen and see what happens' approach to cooking may smack of schoolboy high spirits, it's precisely this innocent enthusiasm which has established his reputation as one of Britain's top chefs.

Convinced that eating is a 'multi-sensory' experience, Heston spends months in his kitchen/laboratory perfecting new ways to tickle our eyes, ears and noses.

"We've got a new idea which I think we'll have done in three months time," he says excitedly from his kitchen in Bray, Berkshire. "It's a soup which can be savoury or sweet. It will change flavour half way through, so I'll put it down on the table and say to customers, 'Drink it before it changes flavour!'. It's as if Willy Wonka is back in business."

Heston encourages diners to eat with all their senses. His 'Sounds of the Sea' dish, involves listening to an iPod nano tucked inside a sea shell, while eating Colchester oysters, crystallised seaweed, sea urchin, samphire and razor clams, all presented on a bed of sand.

"People argue about where the sea sound is recorded," he says. "Some say Sardinia, others Cornwall. We all have our own seaside memory, but the sound of the sea, is the sound of the sea."

The self-taught chef explains that, while eating, a variety of factors effect our perception of taste.

"We took oysters to the psychology dept at Oxford

University," he says. "62 per cent of people in our tests said the oysters tasted more salty while listening to the noise of the sea. Like it or not, we eat with all our senses."

Shooting to fame after presenting two series of Heston Blumenthal: A Search for Perfection for the BBC, the chef has made a living out of finding out exactly what makes our mouths water.

"Growing up in London in the early 70s, the basket meal was the most popular dining experience," he remembers. "Then when I was 15, my family went on holiday to France for the first time. I remember sitting outside in a restaurant, hearing the noise of the feet crunching on gravel, the chink of the glasses and seeing a sommelier with a massive handlebar moustache and a cheese trolley the size of a chariot. That was the point I thought, 'this is what I want to do'. I wanted to cook, but also to recreate that experience."

But in order to conjure this ultimate food-based rollercoaster ride, he needed to understand how food worked. And such has been his dedica-

tion to the learning, he was the first chef to be awarded a fellowship by the Royal Society of Chemistry in 2006.

With Willy Wonka still in mind, I expect to be overwhelmed by bubbling test tubes and children disappearing up pipes when I walk through his kitchen, but aside from a few heavyweight freezers (minus 80 degrees centigrade) and a centrifuge, it all seems remarkably straightforward. A big fan of the pressure cooker and boil-in-the-bag - as well as liquid nitrogen, paint guns, blowtorches, protective gloves and goggles - his methods, very often, come down to the simple idea of making things very hot or very cold.

He says: "I came across liquid nitrogen in a book written in 1890 by Mrs Marshall called Fancy Ices. She called it liquid air and suggested it would be wonderful for picnics, because you could use it to make ice cream outside."

Grabbing a 'Fat Duck Egg', filled with pre-prepared custard instead of yolk, Heston cracks it into a bowl and adds liquid nitrogen (at around minus 197 degrees celsius). The kitchen fills with white condensed vapour and scrambled egg-flavoured ice cream appears. But although the effect is dramatic, Heston insists that anybody can do it.

"The science of everyday life has always fascinated me. You can try lots of these things at home. Creating vapour dry ice is great. Buy an essential oil like jasmine or rose, add it to hot water, then pour the mixture over crushed dry ice. The vapour that billows out will have the most amazing smell."



Chef Heston Blumenthal

He also encourages people to think about the way they prepare food.

"I love vacuum packing. Get some produce and marinade, put them in a bag and suck the

air out. This process will open up all the tissues. You can also cook things while vacuum packed and that works really well."

Heston's love of everything

from liquid nitrogen to boil-in-the-bag is endearing. This great chef will try anything to get the best out of his food. And that's the real secret of his success.

Sarah O'Meara

Photos: Press Association

Restaurant guide

ALMANCIL

Bistro des Z'Artes

International Menu
Open: 7pm every night
Rua Calvario, 69,
Almancil
Tel: 289 395 114 / 967
785 601

Shanghai Restaurant

Delicious dishes from
Shanghai
Open: Daily 12.00-15.00
& 18.00-23.00
Rua do Comércio, 94 R/c,
Almancil
Tel: 289 397 642

The Battering Place

British Fish & Chips
Open: Mon-Sat 12.00-
14.30 & 17.00-22.30.
Sundays 18.00 - 21.00
Next to the Post Office,
Almancil
Tel: 963 731 736

ALVOR

Food Passion

International Cuisine
Open: From 6.30pm.
Mon - Thurs, Sat & Sun.
Above Caixa Geral Bank,
by the taxi rank in Alvor
Tel: 282 314 276 / 912 159

813

Faja Lobi

International & Surinam
Cuisine
Open: Daily from 12:00 -
10:00pm
Urb. da Dourada, Lote 1,
Alvor
Tel: 282 414 133 / 918 838 484

LAGOA/SILVES

Cattleman

International & Steak Menu
Open: 18:00 - till late
Thursday - Sunday only
Rua do Farol, 67, Carvoeiro
Tel: 282 354 088

LAGOS/LUZ

Restaurante Florestal

Cosmopolitan menu
Open: Tues-Sat. 12.00-
2.30pm & 7.00-10.00pm
Sun. Special Brunch
12-3pm
Barão de S. João, Nr. Luz
Tel: 282 687 204

Pashmina

Authentic Indian food
Open: Daily 12.00 - 2.30pm
& 6.00 - 11.00pm
Below the Church in Praia
da Luz
Tel: 282 789 667 / 960 433
376

Meu Limão Tapas & Wine Bar

Portuguese & International
Tapas + full menu
Open: Daily 10.00 - 2.00am
Rua Silva Lopes, 40/42
(In front of the Golden
Chapel), Lagos.
Tel: 282 767 946

No Patio

International Restaurant
Open: Tues-Sat. from
18.30 Sunday from
13.00
Rua Lançarote de
Freitas, 46, Lagos
Tel: 282 763 777

BURGAU

The Cornish Range -
O Sabor da Cornualha
The taste of Cornwall in
the Algarve
Rua Principal, 15, Burgau
Tel: Office 283 958 192
Shop 282 098 268
Mobile 933 831 358



Chef Heston Blumenthal at Buckingham Palace, after he received an OBE from Britain's Queen Elizabeth II.

Jersey Milk Ice Cream

500ml Jersey whole milk
300ml double cream
80g unrefined caster sugar
100g glucose syrup
1kg dry ice (available from http://ind.yara.co.uk/en/products_services/dry_ice/1)

Put the milk, cream, sugar and glucose syrup in a pan and heat gently until the sugar has dissolved and the glucose is liquid. Set aside 2) Put on the safety gloves and protective goggles and open the packet of dry ice. Wrap it in tea towel and then a hand towel and smash it into a powder with a rolling pin. (Make sure that there are no large lumps of dry ice as these will remain as lumps in the ice cream.) Unfold the towels and shake the powdered dry ice into a glass bowl. 3) Pour the milk and glucose into the bowl of a food mixer. (From now on you need to work reasonably rapidly to avoid freezing up the equipment.) Shake a little of the dry ice into the mixing bowl and, using the mixer's paddle, mix on the first (lowest) speed until the dry ice dissolves and its vapour clears. Continue to add dry ice a little at a time until the ice cream has absorbed all of it. (It may be easier to do this in two batches. It's important to add the dry ice in small quantities to prevent the ice cream



going grainy). Once the dry ice is absorbed, beat the ice cream on the second speed until smooth. 4) Quickly scrape the ice cream out of the mixer and into a container. Store in the freezer until required. It is best eaten within 24 hours.

O Meu Limão Tapas & Wine Bar is located just in front of the Golden Chapel in a quiet, tree-lined, pedestrian square in Lagos. Your host José welcomes you to his eatery, offering a good breakfast menu as well as tapas and fullsize dishes. Food is served all day from 9.30am to 2am. The Portuguese and international dishes are all freshly prepared by the Portuguese chef, who has world wide experience, all are reasonably priced. Vegetarians have not been forgotten and they have an excellent wine list. Situated in an ancient building, it has a light and airy Mediterranean ambience, which is

enhanced by the blue and white tiles. You can choose to eat inside or outside and just relax and watch the world go by.

Pashmina - Your host, Raman Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a carpark, it has glorious sea views from its terrace. Serving authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid disappointment.

In July 2008, 10 amateur chefs will win the chance to take part in a masterclass with top chef Heston Blumenthal at his Diamond Standard Finishing School, run in association with Finish Quantum dishwasher tablets. The closing date for

entries is June 30, 2008 and the prize also includes a meal at the chef's famous restaurant, The Fat Duck in Berkshire. Go to www.finish.co.uk



The Fat Duck Restaurant, Bray, Berkshire winner of the best restaurant in the world, at The World's 50 Best Restaurants 2005 Awards.

Liquid News



We're all getting hooked on smoothies - perhaps because it's such an easy way to get that essential helping of fruit and vegetables.

Sales surged by a third over the last year, with shoppers spending £214 million (£271 million) on the healthy drinks that are often a top choice for breakfast.

One concentrated smoothie is Acai Gold 100% Pure, an organic, additive-free juice, which boasts that its Brazilian acai berries have anti-oxidants to help fight health problems such as high cholesterol, macular degeneration and varicose veins.

Try a smoothie recipe using the drink - La Viva Acai - created by nutritionist Dr Carrie Ruxton.

Use 50ml guava juice, 5ml ginger syrup, half a banana, blended, five strawberries, blended, and 30ml Acai Gold 100% Pure.

Acai Gold 100% Pure costs £24.95 (£31.60) for a 473ml bottle (enough for around 15 x 30ml drinks) and is available through www.superfooduk.com



Surinam dinner and theatre evening at Faji Lobi, Alvor

On Saturday 3rd May a unique evening of entertainment and cuisine will be held at Surinam speciality restaurant Faji Lobi, Alvor.

For just €30 per person, diners will enjoy a traditional Surinamese 'Rice Table', drinks included, and a play by the 'Benefactors' theatre group.

This time the play will feature four short comedies, directed by John Mountford and produced

by Barbara Mountford, entitled 'Love, Sex and Other Disasters'.

Dinner starts at 19h30, show begins at 21h00.

Don't miss this unique evening of good food and good fun, an ideal opportunity to discover the delights of Surinamese cuisine, as well as sample some of the best regional acting.

Book now on: (351) 282 414 133, mobile 918 838 484 or email fajalobi@sapo.pt

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Tel. 00351 282 789 667 / 960 453 376

Rock 'n' roll goes organic



Photo of Jo Wood. (Photo: Press Association)

Rock star wife Jo Wood reveals why she turned to organic beauty and tells us about her (and Ronnie's) favourite products.

Ronnie Wood, if you're reading this close your eyes now... your rock 'n' roll reputation could be in tatters. Forget sex, drugs and all-night parties, the Rolling Stones guitarist is partial to salt scrubs, body mousse and face oil, according to his wife Jo.

"My husband absolutely adores my products. His current favourite's the Everyday Langa salt scrub. 'Joosoo, salt scrub my back?'," she says, mimicking his bathroom demands.

But she's quite happy to let her hubby indulge in his daily beauty routines because that's what her new organic range, Everyday by Jo Wood Organics, is all about.

It's three years since Jo launched her first organic bodycare range, Jo Wood Organics. The range has been a huge success but she found the sumptuous products were often reserved for treats.

"After my first range, I realised I should do something that was more everyday and affordable," 54-year-old Jo says. "The first range is all those luxury oils, which are lovely, but people were buying them as gifts."

Organic Trend

With her new range, Jo is encouraging women - and men like Ronnie - to inject a bit of

rock 'n' roll glamour into their everyday routines. Launched in April, Everyday includes six core products officially certified organic by EcoCert with 99% natural ingredients.

The former model is well aware of the growing fashion for 'going organic' in the beauty business: "More and more companies are launching organic products now, like Stella McCartney. Women are demanding it more and I wanted to make something that looked pretty that everyone isn't going to be afraid of. I didn't want it to look 'organic'."

Jo herself didn't go organic gradually. She radically switched to an organic lifestyle after a severe bout of illness in 1989 and her family followed suit. Passionate about all things organic, her food, beauty, household products and clothing now all have to pass her strict stamp of eco approval.

"I try my hardest to only buy organic," she explains. "I'm still trying to find a good organic mascara and tights, everything else I can make do with."

"I feel better about the planet, I feel healthier, and I feel great about

what I'm using on my skin because I know I'm not putting chemicals inside me."

Organic Green Light

Jo may have been advocating an organic lifestyle for 18 years but she can empathise with people who don't know where to start when it comes to organic beauty.

"Some people are put off by the word organic alone but you have to look beyond that," she says.

Her switch to organic began with food, then turned to what was going on her skin.

"I started thinking about things like what was in my moisturiser. It was hard at first giving up luxury beauty products I was used to. I started off using Dr Hauschka and Jurlique - I still love them both - and now also use Vaishaly and Ila products."

"Look at the labels," Jo advises rookie organics. "Go with products certified EcoCert or Soil Association to be sure. Check out good organic stores and, more importantly, try out different ranges. Really, it's all about using those testers and seeing which smells and textures you like and would want to use."

Jo uses websites such as The Organic Pharmacy (www.theorganicpharmacy.com), and There Must Be A Better Way (www.thereustbeabetterway.co.uk) to feed her shopping habits.

"I love going online. While Ronnie's watching some murder programme on the TV, I'm clicking online to do my organic shopping."

DIY Organics

Besides organic shopping, and scrubbing Ronnie's back, Jo uses her free time dabbling with natural ingredients to make her own face oils and perfumes. She credits the beginnings of Jo Wood Organics to her brother, who gave her an inspiring book of recipes for creating organic perfumes and beauty products.

Jo still loves mixing her own concoctions to come up with new product ideas. Next project in the Woods pipeline is her organic face oil, which she's keen to launch soon. Jo is currently trialling the oil at home but supplies diminish quickly, thanks to Ronnie. "I try and hide it from him," she says laughing.

"Making your own organic products is fun, and it's easy," Jo says. Here's one of her at-home recipes to get you started with DIY organics.

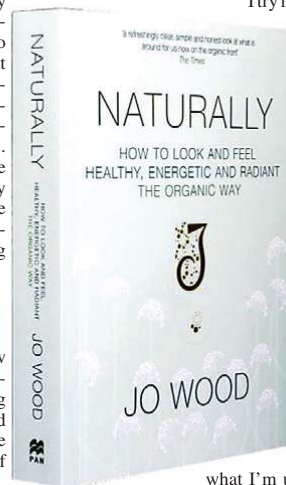
Honey Mask

"Organic honey is a natural antiseptic and this mask is fantastic for removing dead cells and impurities," says Jo.

"Mix together two tablespoons of clear honey and one tablespoon of almond oil. Apply over the face and neck, massaging in for three minutes. Relax for 20 minutes, then rinse off with warm water."

Everyday by Jo Wood Organics is available now. Mail order or visit www.jowoodorganics.com.

Lisa Haynes



Centro Comercial Portimão

CONTINENTE

60 Lojas Stores **6** Cinemas Cinemas **12** Restaurantes Restaurants



Jo Wood's Everyday range. (Photo: Press Association)

Flower power

Get blooming gorgeous this season with fresh spring floral fashions. From grungy trainer-clad rock chick, to gorgeous style-setter, when Lily Allen made a glamorous statement in a 50s inspired floral dress earlier this year, she gave her fashion credentials a real 'bloomin'gi boost.

Undeniably florals are hot news every spring/summer, but this year designers really cultivated their flower power to make blooms one of this season's hottest catwalk trends.

Whether you're a big fan of florals or not, there's sure to be a style to match your mood. From spriggy prints at Luella and Stella McCartney; vivid painted florals at Balenciaga and Moschino, through to stand out single blooms at Missoni and Aquascutum - take your pick from fashion's mixed bouquet.

We reveal how to embrace your favourite florals this summer. You're sure to come up smelling of roses...

Big Blooms

If you're doing Sex And The City glamour this season, take inspiration from Carrie Bradshaw and go for bold, bright blooms. As seen at Gucci and Kenzo, there's no mistaking you've caught the floral fever bug with these look-at-me prints.

Either plump for an all-over bold print, one stand-out bloom that covers your entire garment, or clothing featuring embellished corsage detailing.

STYLING TIP: If you have a skinny figure, big blooms are the print for you. Bold styles will add instant femininity to your frame.

English Country Garden

Delicate tea roses and girlish daisies signify understated Darling Buds of May beauty. Asprey and Sportsmax collections all feature delicate floral prints for a cutesy fresh summer look.

To give your blooms some extra oomph (no water required) maximise this feminine look by choosing floaty frills. Alternatively, toughen up your florals by choosing a black net undershirt or structured bodice detailing, as seen at Luella.

STYLING TIP: Women with larger frames should stick to subtle spriggy florals. Big blooms will accentuate your curves.

Mixed Bouquet

Florals are spreading faster than rampant weeds this season. If you really want to break free from all those feminine frocks and chintzy print shirts and skirts, tap into the trend with bold accessories.

There are fantastic fashionable bloom prints on bags and shoes in the stores. If you want to make a mini-investment in flower power, try petal-inspired jewellery. Just like floral clothing, you can either go super-bold or delicate.

STYLING TIP: Don't 'over-bloom'. If you're working floral accessories such as shoes, bags or jewellery, keep the rest of your look low-key on the print front.

Lisa Haynes



If you have a skinny figure, big blooms are the print for you. Bold styles will add instant femininity to your frame. (Photo: Press Association)

Fashion News

High Summer Heaven

Hurrah! Fat Face's high summer collection is due to land in stores, which surely MUST mean that sunshine is on its way. The new catalogue features two collections, City Surfer and Horizons, both

perfect for when temperatures start to soar. The high summer range is available online and in stores nationwide from early May. For stockists or visit www.fatface.com

Your Wardrobe Online

Web-savvy fashionistas will all be familiar with my-wardrobe.com, featuring collections from 85 of the world's leading fashion designers like Betty Jackson, PPQ and Paul Smith. The site is celebrating its second birthday with a swish online

makeover. You'll now find new department store-style categories to make shopping for fabulous clobber even easier. Choose from Catwalk Look, Event, Style Edit, Trend and Favourite Five. Check out the new look site at www.my-wardrobe.com

Phone Alison on 282 358 014
e-mail: greening@sapo.pt

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Bowls Algarve Australian Pairs Competition

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John Laskey, Gareth Bullock (Bowen tech) & Cherrise Laskey (Tournament Winners), Patrick Matthews (Bowen tech), Jack Pendley & Tom Edwards (Plate Winners)

Yet another innovative bowls tournament from Bowls Algarve, this time an Australian pairs competition, played at Alvor from Tuesday 22nd April through to finals day on Saturday 26th.

This new format involves the lead playing two bowls, then the skip plays four bowls, followed by the lead playing the last two bowls. The roles being reversed for the next end and so on. The tournament was played in glorious weather throughout and the Alvor green played beautifully, a tribute to the hard working groundsman John Palinski.

Twenty pairs took part, divided into five groups of four, each team playing the other three in the group, the five winners and three best runners up advancing to the quarter finals. The group matches were played through Tuesday and Wednesday. Friday morning saw some exciting and skillful bowling as the knock-out stages commenced. All four quarter finals were close fought encounters. Paul Johnson and Cath Webb beat Alan and Janice Clarke 22-18 on the last end, Paula and

Seamus Montgomery saw off the challenge of John Denn and David Laing by 23-18, John and Chris Laskey narrowly defeated Graham and Joan Worrall 17-14 and finally Sheila and John Currall beat Jan McGlynn and David Berbridge by 22-16. The semi-finals took place on Saturday morning when Johnson and Webb defeated the Montgomerys 27-10 whilst the Laskeys beat the Curralls by 26-10.

In a very competitive and hard fought final that afternoon, John and Cherrise Laskey maintained their impressive record in competitions this season by taking the title, beating Paul and Cath by 20-10. Sheila and John Currall won the third and fourth place play off, beating Paula and Seamus Montgomery by 24-10. A plate competition was run in conjunction with the main event, for the 12 teams not qualifying for the quarter-finals. This proved to be equally popular and competitive. Jack Pendley and

Tom Edwards eventually taking the title by defeating Alan and Frances Reynolds 15-13.

All in all, a highly successful tournament which we hope to repeat next season, only bigger and even better. Our grateful thanks to Bowen tech for their generous sponsorship, especially to Patrick and Gareth who came along to see the action on finals day and kindly presented the prizes. Thanks also to Connie and John at the Alvor Club for hosting the event and providing such wonderful catering throughout.

Alan Clarke
Bowls Algarve

Lets Walk on the West Coast

Wednesday May 7

A superb 2.5 hour walk through unspoilt countryside, cliff tops and along the beach deep in the Cape St Vincent Natural Park.

10.30 start meet at the entrance to the 'Perimetro Florestal' near Vila do Bispo. From the A22 take the road to Sagres and turn off at the exit for Vila do Bispo & Aljezur, drive along the Aljezur road for 1km and the sign for the Florestal is on the left - there is plenty of parking space.

Walk leader: Peter Lammin (tel: 934 992 908)



Let's Walk from Boa Hora

Saturday May 10 & Monday May 12

A moderately easy 2 hour walk deep in the heart of the barrocal - totally unspoilt and beautiful.

10.30 start at the Igreja Boa Hora. Exit the A22 for Boliqueime and follow signs for Loulé. After the quarry turn left and at the next T junction turn left again. Drive through Parragil and 200m down the hill you come to Boa Hora, the sign for the church is a further 200m with a turn to the left by a pink house.

Walk leaders: Julie Statham & Neil Joseph (tel : 965 753 033)

There is no need to book these walks please just come along

There is a small charge which includes a donation to charity

Almancil Rotary Spring event

On April 13th, Almancil International Rotary Club held a charity event for the "elderly in the community of Almancil" at the Cultural Centre in São Lourenço. Marie Huber had opened the doors for the Rotary Club and all its invited guests.

The event started with a Classical Spring Concert performed by Quartetto do Barlevento and followed with food stalls, and stands where various items could be purchased. The grand finale following an "art raffle" was a spring-bonnet parade, where around 30 hats were on display, worn by beautiful people of all ages. All proceeds

went towards a purchase of a mini-bus for the elderly in Almancil. Don't miss this event next year!"



St George's Day 2008 Fund Raising

The members of Tavira Lawn Bowling Club raised the sum of €870 for the Bombeirosiros of S. Brás at their annual St Georges Day celebrations. The winners of the competition this year were Geoff Wright, Sue Irvine and John Hewitson.



Money handed to the President of the Bombeirosiros by Roger and Diana Turner, sponsors of the day. These funds are to be put towards a new ambulance for the district.

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Don't die of shame

Embarrassment prevents a significant number of sufferers from seeking advice on signs that may indicate bowel cancer, a disease which claims 16,000 lives in the UK each year, and is now the second most common cause of cancer deaths.

If you pride yourself on showing a typically British reserve, and relish traditional 'fry up' foods like bacon and sausages, you could be putting your health in danger.

Those are two key factors implicated in bowel (or colon) cancer, which claims 16,000 lives a year in Britain, with lung cancer the only form of the disease to kill more.

Around 35,000 people, mostly those over 60, are diagnosed annually with the disease - which is one of the most treatable cancers, if caught early.

Yet apart from a few exceptions - including footballer Bobby Moore, TV presenters Lynn Faulds Wood and Sharon Osbourne - few well-known people have spoken out about the disease. Embarrassment generally over discussing tell-tale signs such as diarrhoea or rectal bleeding leads to thousands of victims a year not seeking help until it is

too late.

Around 84 per cent of people would rather ignore their symptoms than talk to their doctor, according to one survey.

There's also little awareness of the role diet can play in raising risk of the disease.

Fewer than one in three people, according to latest research by the World Cancer Research Fund, realise that even small amounts of processed meat in the diet increase the likelihood of bowel cancer by 20 per cent.

Charity, Bowel Cancer UK (www.bowelcanceruk.org.uk), is shining a spotlight on the disease during April's Bowel Cancer Awareness month.

Its medical advisor, Dr Rob Glynne-Jones, who is Macmillan Gastro-Intestinal lead clinician at Mount Vernon Cancer Centre, Middlesex, says the outlook for countering the disease is positive.

"While there are still 100 people daily being diagnosed with

bowel cancer, we are making rapid strides medically, not just with more targeted, effective treatments but also research to help prevent this disease," he says.

"Surgery and drug treatments have improved enormously over the last ten years and nowadays around 90 per cent of people diagnosed early survive. But in the next decade we should see dramatic improvements in survival rates, earlier detection and hopefully reductions in the numbers of those developing it."

Currently the UK has around a 15 per cent higher rate of late diagnosis compared to other European countries, but a nationwide bowel cancer screening programme, launched in 2006, which will have full UK coverage by 2009, aims to improve this situation by detecting bowel cancer at an early stage - in people with no symptoms - when treatment is more likely to be effective.

Glynne-Jones says: "Although it's in its early stages, bowel cancer screening is already reportedly having an effect. In Nottinghamshire, for instance, they've seen a dramatic fall in the number of emergency bowel operations. These are typically needed when a cancer is at a late stage and is causing an obstruction."

He, in common with other experts in the field, believes the screening programme is key for detecting polyps too. "These are not cancers, but may develop into cancers over time. They can easily be removed, reducing the risk of bowel cancer developing."

"We hope that the screening test will evolve over time into a more sophisticated diagnostic tool and eventually be able to pick up 'tumour' DNA."

Meanwhile, research is ongoing into, among other things, the

Continued over ...



Sharon Osbourne.

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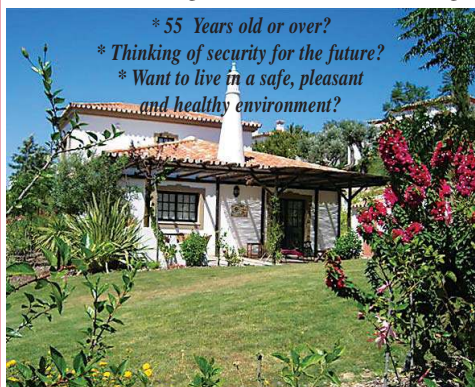


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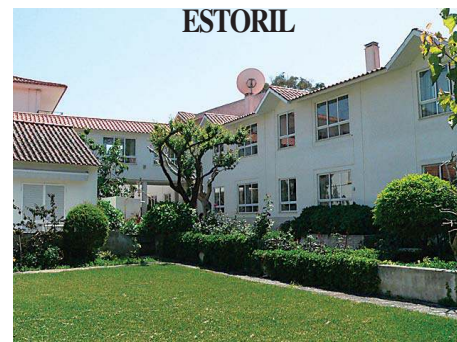
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Footballer, Bobby Moore.

role that drugs like aspirin and even turmeric, an ingredient commonly used in curry, could play in reducing the risk of bowel cancer - although this is in its early stages and should not be experimented with at home.

Glynne-Jones says: "We're unravelling the genetic and biological disposition that people have to this cancer, and coupled with identifying lifestyle changes that may make an impact - such as exercise and a balanced diet - we're gaining ground in the fight against a disease that need-

lessly claims too many lives."

And he stresses: "Greater awareness - so that people get any concerns checked out and also are alert to symptoms - is vital. Bowel cancer need not kill if caught early enough."

Follow our experts' advice on checking for symptoms and improving health and lifestyle to help reduce your risk of developing the disease.

AM I AT RISK?

Television presenter Lynn Faulds Wood, 60, who had bowel cancer 16 years ago, says: "First

the comforting news. Most of us have bowel problems at some time in our lives but most symptoms do not turn out to be cancer."

She runs a charity, Lynn's Bowel Cancer Campaign, and points out that lots of people have common conditions like Irritable Bowel Syndrome (IBS) and piles, while one in 20 of us has bleeding from the bottom (rectal bleeding), especially younger people, but most people with rectal bleeding do not have cancer.

Also, she says while bowel cancer affects one in 10 families, it doesn't mean that you're going to get it, just because it is in your family.

She advises as a rough rule of thumb: The closer any affected relatives are to you (brother, sister, mother, father, child) and the younger they are, the more you need to do something about it, like ask for screening or seek advice from a doctor.

WHAT ARE THE SYMPTOMS?

Faulds Wood says: "The commonest symptoms are change of bowel habit and rectal bleeding - it's important to know the higher risk symptoms and to see your GP if you think you might have them."

They are: Change of bowel habit - a recent persistent change which lasts for a few weeks without returning to normal. Going to the loo, or trying to go, several more times than is normal for you. Or looser, more diarrhoea-like motions, this is especially important if accompanied by bleeding from the bottom.

Rectal Bleeding - which persists without an obvious reason like straining, sore bottom, lumps and itching. Bleeding from the back passage persistently with-

out any of these symptoms should be investigated.

Unexplained anaemia - men with iron deficient anaemia should usually be investigated for bowel cancer. Women after the menopause should also be investigated.

Lumps in the tummy which can be felt by the doctor and severe colicky tummy pain which comes on suddenly and persists.

Lynn's Bowel Cancer Campaign 24-hour Symptoms Hotline: 00 44 (0)870 24 24 870 and www.bowelcancer.tv

Charity Bowel Cancer UK also has an advice service: 00 44 (0)800 840 3540/ www.bowelcanceruk.org.uk

HOW YOU CAN HELP YOURSELF

SCREENING: Take part in a screening programme if you are eligible. In England, people aged 60-69 will be screened every two years.

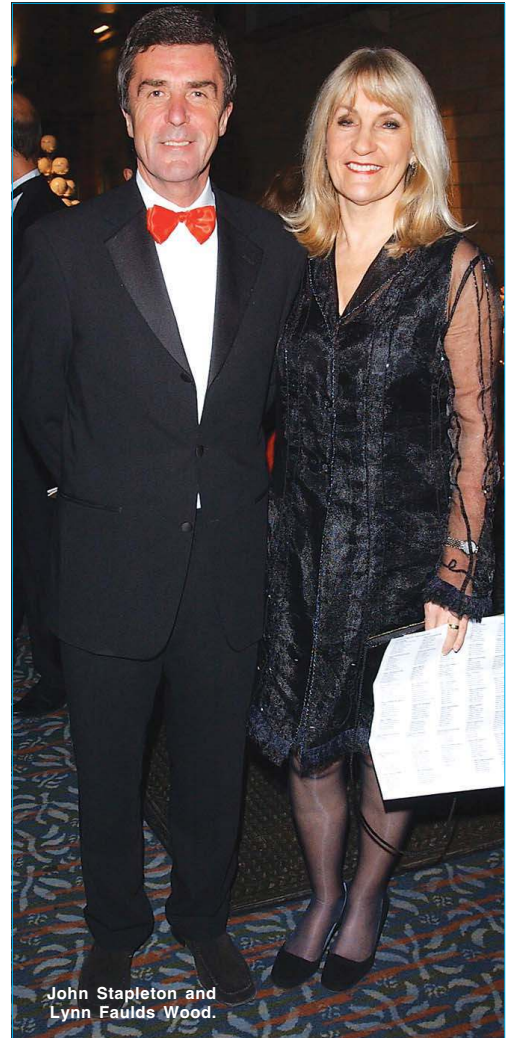
In Scotland, people aged 50-74 will be screened every two years. In Wales and Northern Ireland, the age range for screening is still to be confirmed.

Screening involves a simple home-testing kit which you then send to a laboratory. The British NHS Bowel Cancer Screening Programme helpline: 00 44 (0)800 707 60 60.

DIET: Improve your diet and include fish and fibre-loaded fruit and vegetables.

But Professor Martin Wiseman, medical and scientific adviser for the World Cancer Research Fund, warns that eating 1.8oz (50g) of processed meat a day - the equivalent of one sausage or three rashers of bacon - raises the likelihood of bowel cancer by one fifth.

"We are more sure now than ever before that eating processed meat increases your risk of bowel



John Stapleton and Lynn Faulds Wood.

cancer, and we recommend people avoid eating it or cutting it out as much as possible."

Processed meats - those preserved by smoking, salting and any other method apart from freezing - include bacon, ham, pastrami, salami and hot dogs. Sausages, hamburgers and mince fall into that bracket if they have

been preserved with salt or chemical additives.

The WCRF also advises that any meat bought should be as lean as possible, with visible fat trimmed before cooking.

VICES: Smoking and heavy drinking, especially beer and spirits, can increase your chances of getting bowel cancer. For help

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Swimming is an excellent exercise for keeping fit and losing weight.



stopping smoking, try the Quitline 0800 002200.

EXERCISE: Being fat can increase your risk. Even if you're fit and fat, you're still at increased risk of bowel cancer. Opt

for a big breakfast, middle sized lunch and small dinner, have only fruit as snacks between meals and factor in exercise, even 30 minutes daily walking can help.

Gabrielle Fagan

ADVERTISER'S ANNOUNCEMENT

How the Bowen Technique came to Lindsay's rescue

In the summer of 2004, Lindsey Hanson believed she had permanently damaged her back after her frantic attempts to store her outdoor furniture during the onslaught of the fourth hurricane to hit Florida that year. Having survived winds of 115mph Lindsey tackled the clearing up wearing two elasticised back braces but her now apparent 2½ inch variation in posture was the cause of great concern.

Following advice offered during a brief telephone call with her sister back in the UK, Lindsey sought out a 'Bowen Technician' and that was the start of her new career.

Lindsay wasn't new to holistic therapies, in 1999 she had trained as a Reiki Practitioner but she remained sceptical during the initial treatment as she lay there wondering how the tiny rolling movements and frequent absences of the therapist during the session could possibly have the desired effect. Then it happened;

sensations began to run through her legs and she became extremely relaxed. When this strange treatment had finished she stood up as straight as a pole, feeling drawn into the earth; "I had been given a newer and much younger back - I was hooked!"

Fortunately for Lindsey, a well respected Doctor, JoAnne Whitaker, had begun the Bowen Research and Training Institute in Florida and it was there she enrolled a few months later. At first she was only interested in being able to help family and friends, but the following year saw a change in her personal plans & knowing she would leave America to start life somewhere else, she decided that she wanted to be a full time Bowen Practitioner. Following re-accreditation in the UK, Lindsay now has a thriving practise in the Algarve with clinics in Alma Verde, Portimão, Albufeira and Alcantil.

Still captivated by the power

of Bowen Technique she describes her experience as - "Being my greatest journey so far. Bowen is still a new modality here in Portugal and I am dedicated to creating greater awareness. The technique is very gentle but amazingly effective. It harnesses the body's own ability to heal from within. I believe that once upon a time the body had a blueprint and that the very specific moves that Bowen practitioners are taught to do, start a process within, enabling the body to regain its blueprint or original integrity."

I am totally passionate about the Bowen Technique and its ability to help people suffering from all kinds of disease. The fact that it is a holistic therapy is very important to me, as I do believe the body can be nurtured to better health with a more natural and integrated approach. It is now understood and accepted that how we behave, what we eat, drink and what types of medication we consume will all play their part



Lindsay Hanson.

in how the body is feeling and coping."

Bowen Technique has achieved International acclaim being recognised as an effective solution to a very broad spectrum of application, including respiratory problems, frozen shoulder, whiplash, migraine, back pain, IBS, fertility matters and a host of other health issues.

Lindsay Hanson, Cert. ECBS, MBTER can be contacted on 936 371 448 or you can e-mail: bowentherapy.lindsay@gmail.com.

More information about the Bowen Technique can be found by going online to: www.bowentherapists.com or www.thebowentechnique.com

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Into the West with the little

For some time I've had a hankering to take my family to Ireland, but somehow it never happened.

I imagined beautiful scenery, friendly people and a relaxed, peaceful, atmosphere, where my children could run around happily. Now I've finally been,

and reality didn't disappoint. Our trip to the West of Ireland began at Luton airport, and became the first holiday where my two-year-old son had his own

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The London Marriott West India Quay Hotel is a striking 32 storey glass and stainless steel building which has a dramatic curved shape. Many of the luxurious bedrooms at the hotel offer breathtaking views over the Thames and the City. The 22 suites are spacious and luxurious and have floor-to-ceiling glass walls on two sides which provide spectacular views across the London skyline.

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tition please answer the following question and e-mail your answer, name, and contact telephone number to: prize@the-news.net (Entries must be received by 15th May 2008.)

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seat on the plane. This was great for him, and for me. (I have had my fill of an enthusiastic child bouncing around on my lap while I am stuck thousands of feet up in the air).

After an hour and a half, we arrived at Galway Airport and, having hired a car, immediately set off for Connemara. The drive was gorgeous, through beautiful rolling hills, and my city children were astonished by all the sheep, while I loved the silence as I'm used to busy roads - these were almost deserted.

We drove to Renvyle, almost at the western tip of the country, and checked in at the Renvyle House Hotel. I know I'm at risk of gushing, but it was fabulous. These days, what I dream of on holiday is a room of my own (that is, without the children, who wake up obscenely early).

At Renvyle House, our accommodation was one of the new Island Suites. This meant my two children were together in one room, while my husband and I shared the other. Bliss.

The rooms were lovely, as was the hotel. It is spectacularly situated on the shores of the Atlantic Ocean, right on a lovely pebble beach, and my son Robbie greatly enjoyed throw-

ing pebbles into the clear, blue sea.

The hotel is well set-up for youngsters, with a playground and heated outdoor swimming pool. It also has an indoor children's club and serves a children's supper, from 5.30pm to 6.30pm every evening.

The only small negative is that this can push things rather late - children order off a menu and the service was not quick. The food on offer also doesn't change daily, so my children had the same thing three days running.

However, these were small niggles. The food in general was excellent, including a slap-up breakfast, and delicious evening meal. The staff were friendly and

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people

helpful, and the hotel really does have lots to offer, including a nine-hole golf course, its own lake to fish in and beautiful surrounding woodlands.

Lovely as the hotel was, we couldn't spend all of our time there as there are so many other things to see and do in the West of Ireland.

One place we visited was the very pretty town of Clifden. From there we took the appropriately named Sky Road (up into the cliffs) which had stunning views. We also saw the monument to Alcock and Brown, the men who took the first transatlantic flight, and who landed right near the tip of Clifden.

Despite its name the beach at Dogs Bay, near Roundstone, was so clean, fresh and pretty it was almost the stuff of dreams. While in Roundstone itself we made sure we went to the workshop run by Malachy Kearns, better known as Malachy Bodhran among folk musicians because he makes Ireland's oldest product, the bodhran drum. Naturally we

had to buy two, one for each of our children.

Other highlights of the first part of our stay included another beautiful beach near Cleggan, (I think the beaches in Ireland are some of the best I've ever seen - although the weather is not quite as impressive!) and the Cleggan Riding Centre, where our five-year-old had her first ride on a pony and loved it.

After three days in Renvyle, we weren't quite ready to leave (we hadn't even visited the Connemara National Park, which was just 10 minutes away from our hotel), but we had to, as we were booked in for a stay in Galway City.

Galway City is buzzing at the moment. It's the fastest growing city in Ireland and incredibly busy. It's also a great place to visit, easy to walk around and with lots of shops, cafes and restaurants. Luckily there is (once again) lots to explore with children.

We visited the Galway Atlantaquaria, the national aquarium of Ireland, where my



Pictured above: Roundstone Harbour, Galway, Connemara; below left: Cycling along the Sky Road, Galway; and bottom: Renvyle House Hotel, Connemara. Opposite page - Galway City Centre. (Photos: Press Association)



attraction for families. Turoe not only has a lovely outdoor playground, but a very good soft play area, and the biggest bouncy castle in Europe (I was itching to get on, but sadly, it is for the little ones only).

At the farm, you are not just allowed to pet the rabbits, but can also feed the sheep, goats, cows, horses and donkeys.

Our base in Galway City was the Days Hotel, well located and once again family-friendly with a very good kids' club. It offers a buffet supper for the young ones between 5pm and 6pm and they happily look after children (ages three-plus) while parents have dinner.

The rooms, however, were

small and as we were all in together it was somewhat more difficult to relax. Still, if we had thought ahead, we could have booked an interconnecting room for the children, and that would have made a great difference to our sleep patterns!

All in all, the west of Ireland was a great place for our family summer holiday. I would have been happy to have stayed longer and would love to go back one day. The children were (and still are) incredibly enthusiastic about it, and as all parents will know, if the kids are happy, then you are too!

TRAVEL FACTS

At Days Hotel, Galway, dinner and B&B costs around £75 (£95) per person per night, 3-15 year olds pay £25 (£32) per night, including access to Kids Club. Reservations: Tel. 00 353 9138 1200 or go online to: www.dayshotelgalway.com

stayed at the Renvyle House Hotel in an Island Suite. In high season, suites cost £225 (£285) per night, B&B. Single, double and family rooms available. Renvyle reservations: Tel. 00 353 95 43511 or go online to: www.renvyle.com

At Days Hotel, Galway, dinner and B&B costs around £75 (£95) per person per night, 3-15 year olds pay £25 (£32) per night, including access to Kids Club. Reservations: Tel. 00 353 9138 1200 or go online to: www.dayshotelgalway.com

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son was mesmerised by the fish. It really is a fantastic attraction, as you can get so close to the exhibits. We also went the City Limits Entertainment Centre in nearby Oranmore where the kids took advantage of the soft play area and slot machines. It didn't even matter that it was pouring with rain outside.

Another gem was the Turoe Pet Farm and Leisure Park, around 20 minutes away by car in Loughrea and another excellent

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Portuguese Water Dogs revisited

the dog is actually non-allergenic to them!

Male Portuguese Water Dogs usually grow to be about 51 cm to 58 cm tall, and weigh between 18 kg to 27 kg, while the females usually grow to be about 43 cm to 53 cm tall and weigh between 16 kg to 22 kg.

The black portions of Portuguese Water Dogs have a bluish tinge to their skin

that is hard to notice underneath their black fur. Predominantly white areas have pink skin underneath and are more sensitive to exposure to the sun than black or brown areas. White hair is finer than black. This breed does not shed its fur. The hair is either wavy or curly in texture. The hair must be trimmed about every two months and, although it is possible to groom at home, it is usually easier to pay a professional groomer.

Curly coat Compact, cylindrical curls, somewhat lusterless. The hair on the ears is sometimes wavy.

Wavy coat Falling gently in waves, not curls, and with a slight sheen. This is Cleo and Merlin.

The hair of PWDs grows continually and requires regular brushing and cutting or clipping. I have to brush and comb my two every day. The coat is much more difficult in the rain and will knot up very quickly.

In the **lion cut**, the hindquarters, muzzle, and the base of the tail are shaved and the rest of the body is left full length. This cut originated with the fishing dogs of Portugal to keep the body warm while allowing movement of the back legs.

The **retriever cut** is left 1" (2.5 cm) long evenly over the body. This cut is a more recent style and originated because breeders wanted to make the breed more



So many people ask me about these fabulous dogs, I decided to do some research and then write an article about them.



appealing and less unusual looking for buyers.

When I first had Cleo all my books told me they do not bark—they do!! PWDs have a multi-octave voice. Some of them are said to "yodel" when excited, especially when greeting a returning master. Although they are not prone to barking excessively, they have a wide range of barks and sighs, as well as an audible "laugh," a loud, irregular, breathy pant used at play or during greetings. This is sometimes called "expressive panting."

This breed makes an excellent watch dog due to its determination to defend its territory (or the car) with a very loud and distinctive bark. However, it will rarely, if ever, attack an intruder after having given the alarm-barks, and so it is not considered a guard dog in the normal sense. In fact, many PWDs will, without training, bark three or four times, then rush to their master's side to await further instructions on how to relate to a perceived intruder.

The PWD's, high intelligence, and tendency to vocalize and then seek out its human master when specific alarms occur make it an

ideal hearing-ear or deaf-assistance dog. PWDs can be readily trained to bark loudly when a telephone rings, and then to find and alert a hard-of-hearing. Both mine will look to the landline when it rings and go to the mobile when an alarm goes

off or it rings—that is with NO training.

PWDs make excellent companions. They are loving, independent, and intelligent and are easily trained in obedience and agility skills. They are wonderful retrievers, and love to be helpful, both mine will bring me slippers, shoes and anything else they think I need!! They are generally friendly to strangers, once introduced, and actively enjoy being petted, which, due to their soft, fluffy coats, is a favour that human beings willingly grant them.

Because they are working dogs, PWDs are generally content in being at their master's side, awaiting directions, and, if they are trained, they are willing and able to follow complex commands.

Owners of this breed will attest that their PWD usually stays in close proximity to them both indoors and outdoors. This is typical of the breed. Though very gregarious animals, these dogs will typically bond with one primary or alpha family member. Some say that this so-called "velcro bonding" trait arose in the breed because the dogs were selected



to work in close proximity to their masters on small fishing boats, unlike other working dogs that range out to perform tasks. I have, in fact, rechristened Merlin Velcro!! The PWD loves attention and prefers to be engaged in activity within sight of a human partner. This is not a breed to be left alone for long periods of time, indoors or out.

A PWD will commonly jump as a greeting, totally different to the OES I am used to. We spend our lives trying to stop it—without a lot of success I have to admit. Some PWDs may walk, hop, or "dance" on their hind legs when greeting or otherwise enthusiastic. Most, if not all, PWDs will stand upright at kitchen counters and tables. This habit is known as "counter surfing" and is characteristic of the breed. My two also do this, and I did not realise it was a PWD "thing". Mine do not take

anything from surfaces. They look very funny when they both stand at the window on hind legs watching the world go by. I have heard of PWDs jumping on the table, who knows what my two get up to when I go out!!

While the PWD is an excellent companion to those who under-

stand their needs, they are not for everyone. Their intelligence and working drive demand consistent attention in the form of regular vigorous exercise and mental challenges. They look (and are) soft, cuddly, cute—but are not to be mistaken as "couch potatoes". When bored, PWDs will become a different animal, I have been lucky and mine have not been destructive. However both have managed to escape from cages, one metal, one fabric!! Plenty of Kong toys need to be left with them so keep them occupied. I can now leave mine for a while when I have to go out to do deliveries, however, I prefer not to leave them as I hate being parted from them as much as they hate being parted from me.

I must give credit to various books and web pages in finding all this information—I have learnt much during the research.



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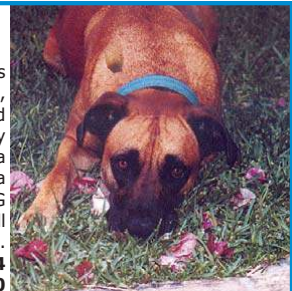
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Balance out the birthrights

A number of studies have just been published suggesting the order siblings are born affects the way they're treated by their parents, and their development. We ask the experts how and why birth order matters, and if there's anything parents can do to even things out.

The first-born child is closest to a mother's heart, and the youngest is spoiled - if you believe the anecdotal evidence.

But numerous studies on birth order mean parents no longer have to rely on anecdotes to assess whether being eldest or youngest affects their children. Academics are constantly pursuing the truth about how birth order can make a difference to characteristics and parental treatment, and in the latest rash of studies intelligence, personality, discipline, time and attention have all been assessed.

Scientists at Vrije University in Amsterdam have found that the oldest child is more likely to have a higher IQ, and the youngest likely to have the lowest. It's not known why this is the case, although it may be related to the extra attention first-born children get from their parents, at least until another sibling is born.

Certainly, research from Brigham Young University in the USA found that first-born children get about 3,000 more hours of quality time with their parents between the ages of four and 13 than the next sibling gets within the same age range.

"We've known for a long time that eldest children have better outcomes and these findings on quality time provide one explanation why," says economics

professor Joseph Price, who led the study.

"If your goal as a parent is to equalize outcomes across your children, you should be aware of this natural pattern and try to give younger children more quality time," adds Price.

But another study, at the University of California, found that parents' most favoured child tends to be the last-born. It also concluded that last-borns are warm, sociable, extrovert and creative, but questioning of authority.

Middle-borns are said to be rebellious, impulsive and open to new experiences. They perform worse at school, and are often the peacemakers in the family.

First-borns, on the other hand, have been found to be achievers who are dominant, conscientious and neurotic. They earn more, are more responsible, anxious and organised, and stick to the rules.

Perhaps one of the reasons they stick to the rules is that parents are normally stricter with their older children. Researchers at the University of Maryland found that parents are more likely to punish their teen's risky behaviour when there are younger children in the family, driven by a desire to set a strict example for these brothers and sisters.

The study found that older children expect stronger penal-

ties because they understand their parents are making an example of them. But as the younger siblings grow up, the parent's resolve tends to dwindle, the researchers say.

"Tender-hearted parents find it harder and harder to engage in 'tough love' as they have fewer young children in the house and less incentive to uphold reputations as disciplinarians," says Ginger Zhe Jin, one of the authors of the study.

But ultimately, what difference does knowing the results of these studies make to ordinary parents?

"It makes you a little bit more aware of the issues so you can modify or balance your behaviour if you need to," says Siobhan Freegard, founder of the internet parenting forum Netmums.

She points out that with the first child, parents are trying everything out for the first time, so it takes longer.

"These studies might make you more aware that you're treating the eldest child differently, for example," she says.

"But there's a reason for that - you're breaking new ground with your first child."

And she warns: "As a mum you're not expected to be perfect, you're asked to be good enough. Parents shouldn't let these studies make them feel guilty."

Lisa Salmon



Photos: Press Association

Ask the Expert:

Q: "My kids frequently seem anxious and stressed, yet I don't remember feeling like that as a child. What are the causes of all this stress, and what can I do to help my children through it?"



A: Penny Nicholls, director of Children and Young People at The Children's Society, says: "Lots of parents feel the same way - only one in ten adults responding to a survey for our Good Childhood Inquiry felt that children nowadays are happier than they were as children. Parents and professionals have told our inquiry how concerned they are about children's mental health and well-being.

"Even more worryingly, children themselves have told us that stress, worry and anxiety are major factors preventing them from enjoying life,

and 27% of young people agreed with the statement, 'I often feel depressed'.

"There are lots of possible explanations for this, but some of the things mentioned by children are pressure at school, bullying, and peer pressure. The world children are growing up in seems to be placing more and more demands on them - the number of tests children have to do at school from a young age is just one example.

"How can we help our children feel better? Submissions to our inquiry from professionals highlighted the importance of strong relationships with their family

and friends, which help children to feel supported and to develop ways of dealing with the stresses of daily life. Strengthening children's self-esteem and their sense of purpose were also highlighted as key ways to help children enjoy a positive sense of well-being.

"Many children do need more support however. Around one in ten children has a clinically diagnosable disorder (such as anxiety or depression) which may need treatment. If you have any concerns, contact your GP for advice."

Three Ways To... be a more organised parent



1. Hang tote bags at the top and bottom of the stairs to put things that need to go up or down in, so you aren't climbing the stairs all the time.
2. Put a bin in the garage near the car driver's side, so when you arrive home you can immediately throw the kids' rubbish away.
3. Keep a clear plastic bag in the kids' sock drawer, put all single socks in it, and check the bag for a match each time a new single sock appears.

startrite  **Lelli Kelly** 

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

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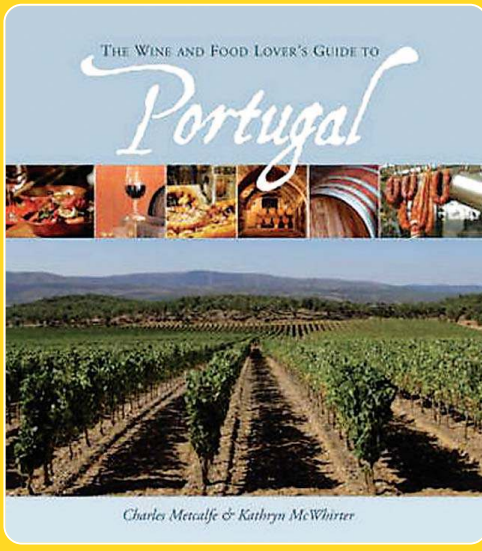
Portuguese Food and Wine booksigning at Griffin Bookshop

Wine experts and co-authors of the recent book 'The Wine And Food Lover's Guide To Portugal', Charles Metcalfe and Kathryn McWhirter will be at the Griffin Bookshop in Almancil on Friday, 9th May 2008 between 6pm and 8pm to sign copies of their book and to give a short talk about developments in Portuguese wine and winemaking.

The Wine and Food Lover's Guide to Portugal offers superb coverage of the different wine-producing areas of Portugal and is divided by Vinho Regional regions, each containing a wealth of information about wines and vineyards, local foods and good restaurants, sights and a selection of quality hotels in which to stay.

Charles Metcalfe is often seen on ITV's This Morning; was co-founder of Wine International magazine and writes regularly for the Portuguese magazine, Blue Wine, as an authority on the wines of Portugal. Kathryn McWhirter wrote and edited the Which? Wine Guide and is a widely experienced wine writer.

Tastings of quality Portuguese wines will be served during the pre-dinner event, alongside a few Portuguese 'tapas' to whet appetites. Anyone is welcome to attend this special event, but it is advisable to ring or email in advance to inform the Griffin Bookshop of your attendance on 289 393 904 or griffin@mail.telepac.pt.



Charles Metcalfe & Kathryn McWhirter

BOOK REVIEW

The Marathon Makers

By John Bryant is published in hardcover by John Blake Publishing Ltd. Available now.

There are dramatic sporting collapses, and there are dramatic sporting collapses.

Who can forget Britain's Paula Radcliffe pulling up with just a few miles to go in the 2004 Athens Olympics marathon and bursting into tears as her rivals ran by?

But that paled into insignificance compared to the ordeal of her predecessor Dorando Pietri at the London Games in 1908.

The poor, Chianti-fuelled Italian was minutes ahead of the field as he staggered into White City stadium for a final lap, only to collapse in front of 100,000 stunned spectators.

After getting back up, he started running the wrong way and fell several more times before being practically carried over the line.

His resulting disqualification from what was the Games' most high profile event helped turn him into one of the biggest celebrities of the age.

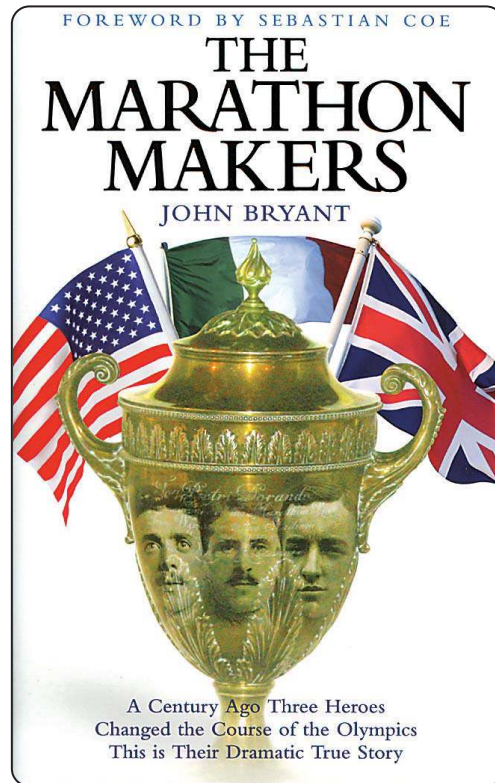
Marathon enthusiast John Bryant tells Pietri's tale, as well as those of two other controversial athletes in London who helped fire the Olympics into the world's consciousness - gutsy US marathon runner Johnny Hayes and stiff-as-a-board British sprinter Wyndham Halswelle.

The Marathon Makers moves at a fair old pace thanks to former newspaper editor Bryant's light touch. But it is perhaps a bit too light as he skims through the fractious turn-of-the-century politics, colourful Edwardian personalities and growing pains of the world's biggest sporting jamboree.

It all felt a bit lightweight, and I was surprised not to come away with a better idea of what it felt like to run a marathon, especially considering Bryant has slogged his way through a fair few.

His book is also backed by London 2012 supremo Sebastian Coe, as well as athletics' governing body the IAAF, which gave it the slightly tacky feel of an officially licensed product.

Matthew Dickinson



FAIRS

Arte Viva – calling all street animation artistes, street musicians, street theatre groups

Look out for ARTE VIVA 2008, a summer weekend spectacular event of live art in all its forms taking place from 6pm to midnight on Saturday 12th and Sunday 13th July 2008, promoted by the Amigos do Museu at the Museu do Trajo, São Brás de Alportel.

Live bands performing on stage on Saturday will be Nanouk (guitars, drums, vocals) at 7.30pm, with Jazz Tapate at 10pm. Sunday features Brazilian vocal and guitar at 7.30pm, and Mare Nostrium at 10pm.

There will be two Art Galleries with displays of embroidery and other needlework crafts by

Amigos members. A wide variety of arts and crafts will be on display on the spacious Museum patio, and the event will also feature Street Animation Artistes, a Childrens' Art Competition, African Djembe Drums, and a Line Dancing demonstration on Sunday at 6.30pm.

All Street Animation Artistes out there who would like to perform or participate in Arte Viva 2008, please contact Vânia Mendonça, admin@amigos-museu-sbras.org, or visit the website www.amigos-museu-sbras.org.

Refreshments are available throughout each evening.

July 12th & 13th at São Brás museum. Call 966 329 073.



Summer fair

The Tavira Fund Raisers are holding a Summer Fair on Saturday 10th May from 10.00 to 13.00hrs in the Mercado da Ribeira, Tavira. Stalls will include homemade cakes, chutneys and jam, books, bric-a-brac, greetings cards, clothing. Moneis raised will go to the Canil São Francisco, Loulé,

where abandoned and neglected animals are taken in and cared for. To donate items or help contact Cynthia on 281 324 795 or email Diane on diane@sdeals.com.

Mrs Diane Howells for Tavira Fund Raisers email diane@sdeals.com tel 281 962 591.



COMING SOON

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FESTIVALS

COMING SOON

COMING SOON

Weekly updates on the latest names confirmed for Portugal's summer festivals...

MAY

World Peace One – May 17th at Estádio do Alvalade in Lisbon. Further info TBA.
Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; Amy Winehouse; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hoopnoise; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skank; Alejandro Sanz; Expensive Soul; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica

Larrene; Carl Cox. June 1: Rod Stewart; Joss Stone; Boss AC; Tokio Hotel; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazzinho; Melo D. June 5: Metallica; Machine Head; Apocalyptica; Tim and Jorge Palma; Waygunn; The Faith Gospel Choir; André Indiana; Sp & Wilson; 2 Many Djs; The Crystal Method; Miguel Quintão; Zé Pedro. June 6: Muse, Linkin Park; Offspring; Kaiser Chiefs; Orishas; Clã; Buraka Som Sistema; Deise Tignorá; Bruno M; Calm; Vibe; Stereo Addictions.

JULY

Super Rock Super Rock Porto – Parque da Cidade in Oporto from 5pm. July 4th: ZZ

Top: Crowded House; Love & Rockets; Xutos e Pontapés; David Fonseca. July 5th: Jamiroquai; Morcheeba; Clã; Jorge Palma; Brand New Heavies; Paolo Nutini; Sexy Sound System. Tickets: €35 - €80. Super Rock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tattoo; Lauren Harris; Tara Perdida. July 10th: Beck; Mika; Duran Duran; Digitalism; Mesa & Rui Reining; Tiesto. Tickets: €40 - €80.

Festival Oeiras Alive – Passaio Marítimo de Algeirs. July 10th: Rage Against the Machine; Spiritualized; Gogol Bordello;

Cansel de Ser Sexy; The National; Sons of Albion; DJ Peaches. July 11th: Bob Dylan; Within Temptation; Chris Cornell; Nouvelle Vague; Uffie; Mr Flash; Krazy; Baldhead; Vicarious Bliss. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossip; Róisín Murphy. Tickets: €45 - €80. Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Areinho. July 18th: The Prodigy. Tickets: €15 - €30. Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Alistars; Justin Adams & Juiden

Camara. July 24th: Orchestra Baobab; Beirut Marit Lo Cór de La Plana. July 25th: KTU. July 26: Erika Stucky. Festival do Tejo – Lisboa Polo Universitário do Alto da Ajuda. July 18th: Patrice. July 19th: Mariza; Couple Coffee. July 20th: Patrice; Chidete Com Banana; Jorge Palma. Tickets: €25 - €40. Lagoa Burning Live – July 26th & 27th at Estómbar Parque de Exposições e Feiras.

AUGUST

Anti-Pop Music Festival – August 1st – 3rd at Viana do Castelo Forte S. Tiago da Barra. Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40

- €70. July 31: Sex Pistols; Mando Dia; The Wombats; August 1st: Primal Scream; The Rakes; August 3rd: Thievery Corporation; Emir Kusturica; The No Smoking Orchestra. Sudoeste – August 7th – 10th at Herdade da Casa Branca. August 7: Björk; La Fura Dels Baus. August 8: The Dynamics; La Fura Dels Baus. August 9: La Fura Dels Baus. August 10: Xutos & Pontapés & Orquestra de Matias do Hot Club; Jorge Palma; La Fura Dels Baus. Surf Fest – August 14th – 15th in Sagres. August 15th: Emir Kusturica; The No Smoking Orchestra.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)

EXHIBITIONS

Mel Sewell - Alte

An exhibition of landscape photographs of the Algarve by Mel Sewell, for one month starting on this month at Off the Wall Galeria in Alte, located on Rua da Nova Igreja, 1b in Alte. Call 289 478 027 or visit www.offthewallgaleria.com, or e-mail info@offthewallgaleria.com.

located on Rua da Nova Igreja, 1b in Alte. Call 289 478 027 or visit www.offthewallgaleria.com, or e-mail info@offthewallgaleria.com.



Argentina Zamora – Vale do Lobo

Argentina Zamora was born in Buenos Aires in 1949 and studied at several national Fine Art schools in Argentina until 1973. The artist has since received many prizes for her exceptional works, participating in a number of competitions and exhibiting at galleries and shows in Brazil, Colombia and the USA, later setting up a base in Paris and pursuing her career with exhibitions in Europe. Exhibited various times at the Centro Cultural São Lourenço.

Argentina Zamora's work typically invokes the memory of pre-

Colombian cultures, whilst drawing heavily on images of European influence. In fact her paintings are often regarded as a South-American novel, stimulating the viewer's imagination and offering new discoveries by superposing different story lines.

This latest series entitled 'Tango' features dynamic compositions of magical reality, which masterfully come to life through spontaneous pictorial gesture and flamboyant use of colours.

Argentina Zamora now resides and works in Antwerp, Belgium

and this is her first exhibition at the Vale do Lobo Art Gallery.



Until June 20th at Vale do Lobo. Call 289 353 327 for more information. Entrance is free.

João Paulo Carrondo

A photographic exhibition by João Paulo Carrondo at the Armazém Regimental de Lagos.



May 1st – 15th from 10am to 7pm. Call 966 887 767 or visit www.jpccarrondo.ifp3.com.

O Jardim – the breath of the city

Exhibition of Art, 'O Jardim: the breath of the city', showing recent paintings, photographs and drawings of five European artists; Rebecca Rason Flor Ferreira, Heather Taylor, Bartha de Kok and Richard Hartnoll.

'O Jardim' is inspired by the Botanical Garden of Lisbon, *O Jardim Botânico da Universidade de Lisboa*. The exhibition presents the artists' individual experiences of working in the Garden and collectively communicates their appreciation of light, line, texture and mood. The paintings and photographs highlight the beauty of this hidden terra and the fascination of nature thriving in a unique microclimate, surrounded by the man-made hub of a capital city.

The work has led to a deeper understanding of the importance

of this botanical garden to Lisbon. It is of notable historical value, has serious environmental significance and offers an important contribution to science and education. The focus of 'O Jardim' can therefore be seen in relation to the current and very real concerns of global climate change and the constant threat of development to green urban spaces.

This year the Botanical Garden celebrates its inauguration and has been providing many benefits to local residents and visitors for the last 130 years. The Garden continues in the conservation of plant species, many ancient and rare, which flourish within its boundaries, but it is limitless in its power to inspire.

Opens May 7th, 6pm –

11pm, in the *Sala do Veados*, Natural History Museum, Rua da Escola Politécnica 58, Lisbon, and runs until 31st May. Contact Exhibition.Ojardim@gmail.com.

LIVE MUSIC

Be & Boop – Jazz at the museum

A Duo of pure jazz. Two veterans of National Jazz, Manuela Lopes and Zé Eduardo, will be playing together in an unusual combination of contrabass and voice.

This is an exceptional project, where some of the old jazz standards are revisited as well as themes from the great masters of Bebop, arranged in an uncompli-

cated mixture combining the language of the Portuguese National Poet, Camões and the music of 52nd Street! Surely an interesting challenge to both interpreters and listeners and a concert with unique characteristics!

Be & Boop is out on the streets and between the angular lines of Bebop melodies, lies the history of each

and every one of us walking the streets of life.

The concert starts at 5.00pm on Sunday 18th May, and as usual, there will be a Jam session afterwards.

Sunday, May 18th. Tickets €7 (Friends of the Museum €5). E-mail admin@amigos-museu-sbras.org, call 966 329 073/luaz azul 289 845 452/museum 289 840 100 / Eveline 917112128 goveline@mail.telepac.pt. Visit www.amigos-museu-sbras.org.

To avoid disappointment, be sure to book your tickets well in advance - April's concert was a sell-out with standing room only!



INTERNATIONAL ALGARVE FAYRE



See page 17 for article on the fair

SPORT

Vodafone Rally of Portugal

This year, the Vodafone Rally of Portugal is part of a ground-breaking competition, the IRC – International Rally Challenge – and it is based on a concept that sees motor sport as an excellent

vehicle for the effective promotion and publicising of sponsors and support.

The competition will be televised on Eurosport, for those who prefer to watch from the comfort of their own home.



May 8th – 10th in several locations. Visit www.rallydeportugal.pt for more information.

COMING SOON

LIVE CONCERTS

COMING SOON

Weekly updates on the biggest concerts coming your way...

MAY

30 Seconds to Mars – May 3rd at Lisbon Pavilhão Atlântico from 8pm. Tickets: €25 - €35.

World Peace One – May 17th at Estádio Alvalade XXI. Further info TBA.

Pedro Abrunhosa – May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Adriana Calcanhotto – May 19th at Lisbon Coliseum from 10pm. Tickets: €25 - €50.

Asia – May 21st at Lisbon Coliseum. Further info TBA.

Cat Power – May 26th at Lisbon Coliseum from 10pm. Tickets: €20 - €40. May 28th at Oporto Coliseum from 10pm. Tickets: €20 - €40.

JUNE

Juanes – June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €40. June 17th at Oporto Coliseum from 8.30pm. Tickets: €22 - €35.

Comeback Kid – June 19th in Lisbon from 9pm. Tickets: €20.

Jack Johnson – June 26th at Lisbon Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

Tokio Hotel – June 29th at Lisbon Pavilhão Atlântico from 7.30pm. Tickets: €28 - €40.

JULY

James Blunt – July 4th at Lisbon Campo Pequeno. Tickets: €32.50 - €37.50.

Lucky Peterson – July 4th in Portimão. Further info TBA.

Herbie Hancock – July 5th in Loulé. Further info TBA.

Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Manhattan Transfer – July 12th in

Portimão. Further info TBA.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

Caetano Veloso – July 25th in Albufeira.

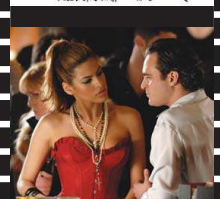
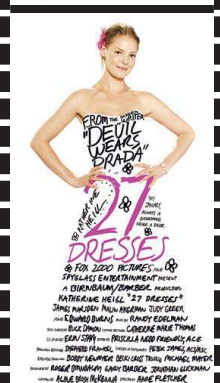
Diana Krall – July 29th at Albufeira in Marina. Further info TBA.

AUGUST

Simply Red – August 1st at Albufeira Herdade dos Salgados. Further info TBA.

Mariza – August 29th at Loulé, Vale do Lobo.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
1 MAY-7 MAY



1
Winx Club: The Secret of the Lost Kingdom
Animation
(11.20-13.35 Sat & Sun)
Semi-Pro
Will Ferrell, Woody Harrelson
13.35-15.40-17.50-20.00-22.10 (00.20 Fri & Sat)
2
Fool's Gold
Mathew McConaughey, Kate Hudson
13.30-16.05-18.40-21.20 (23.55 Fri & Sat)
Horton Hears a Who
Animation OV
(10.35-12.40 Sat & Sun)
3
21
Jim Sturgess, Kevin Spacey
13.10-16.10-18.55-21.40 (00.05 Fri & Sat)
4
Meet the Spartans
Carmen Electra, Kevin Sorbo
13.40-15.35-17.40-19.55-22.00 (00.00 Fri & Sat)
5
Iron Man
Robert Downey Jr., Terrence Howard
(10.30 Sat & Sun) 13.15-16.00-18.45-21.30 (00.10 Fri & Sat)
6
27 Dresses
Katherine Heigl, James Marsden
13.25-15.55-18.30-21.00 (23.30 Fri & Sat)
7
88 Minutes
Al Pacino, Amy Brenneman
14.20-16.50-19.20-21.50 (00.30 Fri & Sat)
The Ugly Duckling and Me
Animation PV
(10.00 Sat & Sun) 12.10
8
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
(12.15 Sat & Sun) 14.45
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
14.35-19.40
The Eye
Jessica Alba, Alessandro Nivola
17.25-22.20 (00.35 Fri & Sat)
9
The Bank Job
Jason Stratham, Saffron Burrows
14.25-19.15
Dan in Real Life
Steve Carell, Juliette Binoche
(12.05 Sat & Sun) 16.55-21.45 (00.15 Fri & Sat)

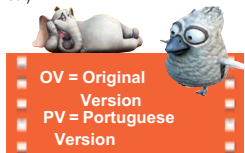
LUSOMUNDO
VILAMOURA
TEL: 289 302 277
1 MAY-7 MAY

The Ugly Duckling and Me
Animation PV
15.30
Iron Man
Robert Downey Jr., Terrence Howard
18.30-21.30

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
TEL: 707 220 220
1 MAY-7 MAY



1
My Blueberry Nights
Norah Jones, Jude Law
13.50-16.40-19.15-21.40 (23.55 Fri & Sat)
2
Iron Man
Robert Downey Jr., Terrence Howard
13.15-16.00-18.40-21.25 (00.10 Fri & Sat)



3
Dan in Real Life
Steve Carell, Juliette Binoche
14.00
The Eye
Jessica Alba, Alessandro Nivola
16.15-19.05-21.50 (00.20 Fri & Sat)
4
27 Dresses
Katherine Heigl, James Marsden
13.40-16.30-18.50-21.35 (00.00 Fri & Sat)
5
Donkey Xote
Animation PV
13.00-15.00-17.00-19.00
Semi-Pro
Will Ferrell, Woody Harrelson
21.00 (23.30 Fri & Sat)
6
88 Minutes
Al Pacino, Amy Brenneman
13.20-16.05-18.30-21.20 (23.50 Fri & Sat)
7
Meet the Spartans
Carmen Electra, Kevin Sorbo
13.10-15.10-17.10-19.10-21.15 (23.40 Fri & Sat)
8
21
Jim Sturgess, Kevin Spacey
13.30-16.20-18.55-21.30 (00.05 Fri & Sat)
9
Fool's Gold
Mathew McConaughey, Kate Hudson
13.35-16.10-18.35-21.10 (23.45 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
1 MAY-7 MAY



1
Iron Man
Robert Downey Jr., Terrence Howard
13.40-16.10-18.45-21.20 (23.55 Fri & Sat)
2
Fool's Gold
Mathew McConaughey, Kate Hudson
13.45-16.05-18.40-21.10 (23.50 Fri & Sat)
3
27 Dresses
Katherine Heigl, James Marsden
13.50-16.15-18.50-21.40 (00.05 Fri & Sat)
4
The Ugly Duckling and Me
Animation PV
13.55-15.50-18.00-20.00
Sleuth
Michael Caine, Jude Law
22.00 (00.15 Fri & Sat)
5
The Eye
Jessica Alba, Alessandro Nivola
14.05-16.30-19.05-21.50 (00.10 Fri & Sat)
6
21
Jim Sturgess, Kevin Spacey
14.00-16.25-19.00-21.30 (00.00 Fri & Sat)

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
1 MAY-7 MAY

Fool's Gold
Mathew McConaughey, Kate Hudson
27 Dresses
Katherine Heigl, James Marsden
88 Minutes
Al Pacino, Amy Brenneman
Meet the Spartans
Carmen Electra, Kevin Sorbo
Rec
Javier Bolet, Manuel Bronchud
Dan in Real Life
Steve Carell, Juliette Binoche
Donkey Xote
Animation PV
Semi-Pro
Will Ferrell, Woody Harrelson
Diary of the Dead
Shawn Roberts, Megan Park
The Eye
Jessica Alba, Alessandro Nivola

Vantage Point
Dennis Quaid, Forest Whitaker
The Bucket List
Jack Nicholson, Morgan Freeman
21
Jim Sturgess, Kevin Spacey
My Blueberry Nights
Norah Jones, Jude Law
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
ALVALÁXIA
TEL: 21 754 9000
1 MAY-7 MAY

Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Dan in Real Life
Steve Carell, Juliette Binoche
27 Dresses
Katherine Heigl, James Marsden
Meet the Spartans
Carmen Electra, Kevin Sorbo
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Semi-Pro
Will Ferrell, Woody Harrelson
The Eye
Jessica Alba, Alessandro Nivola
One Night with the King
Tiffany Dupont, Luke Gross
Winx Club: The Secret of the Lost Kingdom
Animation PV
Miss Pettigrew Lives for a Day
Frances McDormand, Amy Adams
13.35-16.10-18.35-21.10 (23.45 Fri & Sat)
21
Jim Sturgess, Kevin Spacey
My Blueberry Nights
Norah Jones, Jude Law
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
AMOREIRAS
TEL: 707 246362
1 MAY-7 MAY

27 Dresses
Katherine Heigl, James Marsden
Dan in Real Life
Steve Carell, Juliette Binoche
Donkey Xote
Animation PV
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
We Own the Night
Joaquin Phoenix, Mark Wahlberg
My Blueberry Nights
Norah Jones, Jude Law
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362
1 MAY-7 MAY

Donkey Xote
Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson
Meet the Spartans
Carmen Electra, Kevin Sorbo
27 Dresses
Katherine Heigl, James Marsden
Dan in Real Life
Steve Carell, Juliette Binoche
21
Jim Sturgess, Kevin Spacey
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
COLOMBO
TEL: 707 246362
1 MAY-7 MAY

Donkey Xote - Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson
Meet the Spartans
Carmen Electra, Kevin Sorbo
27 Dresses
Katherine Heigl, James Marsden
Dan in Real Life
Steve Carell, Juliette Binoche
The Eye
Jessica Alba, Alessandro Nivola

Rec
Javier Bolet, Manuel Bronchud
Semi-Pro
Will Ferrell, Woody Harrelson
88 Minutes
Al Pacino, Amy Brenneman
21
Jim Sturgess, Kevin Spacey
Iron Man (Digital)
Robert Downey Jr., Terrence Howard

LUSOMUNDO
DOLCE VITA MIRAFLORES
TEL: 707 246362
1 MAY-7 MAY

Vantage Point
Dennis Quaid, Forest Whitaker
Rec
Javier Bolet, Manuel Bronchud
Horton Hears a Who
Animation PV
Pars Vite et Reviens Tard
José Garcia, Lucas Belvaux
Iron Man
Robert Downey Jr., Terrence Howard

UCI CINEMAS
EL CORTE INGLÉS
TEL: 707 23 22 21
1 MAY-7 MAY



Horton Hears a Who
Animation PV
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Semi-Pro
Will Ferrell, Woody Harrelson
Dan in Real Life
Steve Carell, Juliette Binoche
Blade Runner: The Final Cut
Harrison Ford, Rutger Hauer
The Bucket List
Jack Nicholson, Morgan Freeman
Miss Pettigrew Lives for a Day
Frances McDormand, Amy Adams
Youth Without Youth
Tim Roth, Alexandra Maria Lara
27 Dresses
Katherine Heigl, James Marsden
Donkey Xote
Animation PV
Rec
Javier Bolet, Manuel Bronchud
Fool's Gold
Mathew McConaughey, Kate Hudson
Meet the Spartans
Carmen Electra, Kevin Sorbo
88 Minutes
Al Pacino, Amy Brenneman
Things we Lost in the Fire
Halle Berry, Benicio Del Toro
21
Jim Sturgess, Kevin Spacey
My Blueberry Nights
Norah Jones, Jude Law
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
FORUM MONTIJO
TEL: 707 246362
1 MAY-7 MAY

Iron Man
Robert Downey Jr., Terrence Howard
Dan in Real Life
Steve Carell, Juliette Binoche
The Eye
Jessica Alba, Alessandro Nivola
Horton Hears a Who
Animation PV
Meet the Spartans
Carmen Electra, Kevin Sorbo
Fool's Gold
Mathew McConaughey, Kate Hudson
Winx Club: The Secret of the Lost Kingdom
Animation PV
27 Dresses
Katherine Heigl, James Marsden

UCI CINEMAS
FREEMPORT
TEL: 707 23 22 21
1 MAY-7 MAY



Meet the Spartans
Carmen Electra, Kevin Sorbo
The Bucket List
Jack Nicholson, Morgan Freeman
Dan in Real Life
Steve Carell, Juliette Binoche
Fool's Gold
Mathew McConaughey, Kate Hudson

27 Dresses
Katherine Heigl, James Marsden
Horton Hears a Who
Animation PV
10,000 BC
Steven Strait, Camilla Belle
The Eye
Jessica Alba, Alessandro Nivola
Winx Club: The Secret of the Lost Kingdom
Animation PV
Vantage Point
Dennis Quaid, Forest Whitaker
Rec
Javier Bolet, Manuel Bronchud
Diary of the Dead
Shawn Roberts, Megan Park
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
1 MAY-7 MAY

Iron Man
Robert Downey Jr., Terrence Howard
27 Dresses
Katherine Heigl, James Marsden
Donkey Xote
Animation PV
88 Minutes
Al Pacino, Amy Brenneman
Fool's Gold
Mathew McConaughey, Kate Hudson
The Bucket List
Jack Nicholson, Morgan Freeman
The Eye
Jessica Alba, Alessandro Nivola
Dan in Real Life
Steve Carell, Juliette Binoche

LUSOMUNDO
OERAS PARQUE
TEL: 707 246362
1 MAY-7 MAY

The Bucket List
Jack Nicholson, Morgan Freeman
Donkey Xote
Animation PV
Rec
Javier Bolet, Manuel Bronchud
Vantage Point
Dennis Quaid, Forest Whitaker
27 Dresses
Katherine Heigl, James Marsden
Semi-Pro
Will Ferrell, Woody Harrelson
The Eye
Jessica Alba, Alessandro Nivola
21
Jim Sturgess, Kevin Spacey
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
TORRES VEDRAS
TEL: 707 246362
1 MAY-7 MAY

Meet the Spartans
Carmen Electra, Kevin Sorbo
Vantage Point
Dennis Quaid, Forest Whitaker
The Ugly Duckling and Me
Animation PV
Rec
Javier Bolet, Manuel Bronchud
Dan in Real Life
Steve Carell, Juliette Binoche
Iron Man
Robert Downey Jr., Terrence Howard

LUSOMUNDO
VASCO DA GAMA
TEL: 707 246362
1 MAY-7 MAY

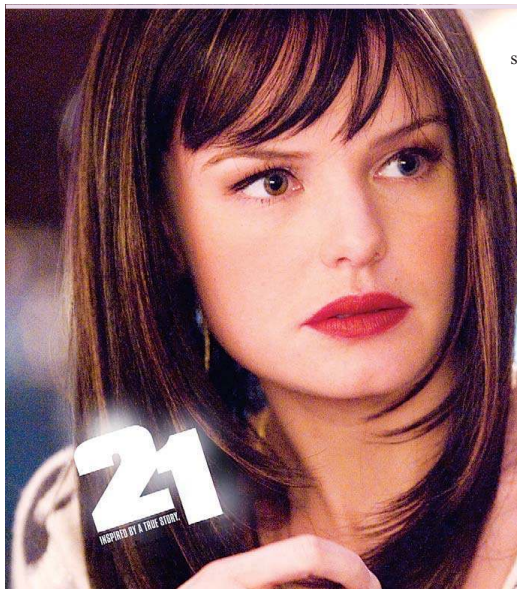
The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
Dan in Real Life
Steve Carell, Juliette Binoche
27 Dresses
Katherine Heigl, James Marsden
Horton Hears a Who
Animation PV
Rec
Javier Bolet, Manuel Bronchud
Iron Man (Digital)
Robert Downey Jr., Terrence Howard



Based on the long-running Marvel comic book series, *Iron Man* tells the story of Tony Stark, the enigmatic heir to the Stark Enterprises fortune. A driven inventor and executive who seems to have it all, Tony is haunted by his dark side. Though he commands his empire by day, by night he secretly becomes Iron Man, the living embodiment of decades of defence spending and innovation. Strapping on billions of dollars worth of state-of-the-art armour and weaponry each night to fight crime, terrorism and corporate espionage, Tony begins to crack under the strain of his fractured lifestyle and must ultimately confront the one enemy he can never beat, himself.

Billionaire Industrialist playboy, not to mention arms manufacturer, Tony Stark (Robert Downey Jr.) is kidnapped in the Middle East, his heart penetrated by shrapnel, and forced to create a devastating weapon of mass destruction. Tony, not one to take orders, decides to turn the tables and, outsmarting his abductors, builds a super cool suit of armour, which he uses to thrash the bad guys into oblivion. Needless to say, the aforementioned suit of armour also safely contains his heart shrapnel, keeping him alive. From there, Iron Man returns home where he has to face down Obadiah Stane (Jeff Bridges) AKA The Iron Monger, one of the great Iron Man villains. Gwyneth Paltrow and Terrence Howard also star in *Iron Man*.

IRON MAN



The high stakes action adventure *21* is inspired by the true story of the very brightest young minds in the US, and how they took Vegas for millions.

Ben Campbell (Jim Sturgess) is a shy, brilliant M.I.T. student who, needing to pay school tuition, finds the answers in the cards. He is recruited to join a group of the school's most gifted students that heads to Vegas every weekend armed with fake identities and the know-how to turn the odds at blackjack in their favour. With unorthodox math professor and stats genius Micky Rosa (Kevin Spacey) leading the way, they've cracked the code. By counting cards and employing an intricate system of signals, the team can beat the casinos big time. Seduced by the money, the Vegas lifestyle, and by his smart and sexy team-mate, Jill Taylor (Kate Bosworth), Ben begins to push the limits. Though counting cards isn't illegal, the stakes are high, and the challenge becomes not only keeping the numbers straight, but staying one step ahead of the casinos' menacing enforcer: Cole Williams (Laurence Fishburne).



characters that help her on her quest.

Set against New York's magical cityscape and the stunning vistas of America's legendary Route 66, the celebrated director's first English language picture embraces his signature elegance and originality that made *Happy Together*, *In the Mood for*

Love and *2046* must-see movies all around the world.

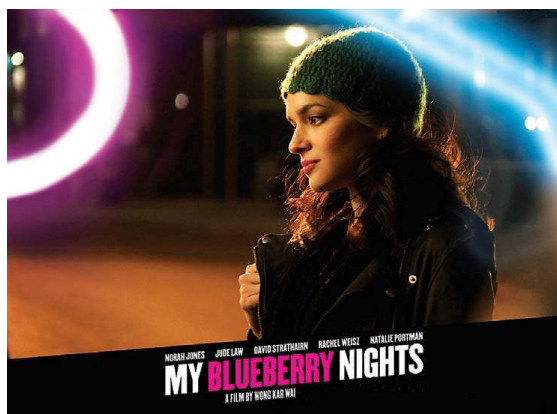
Wong Kar Wai's unique talent and dreamy romantic themes, combined with mythical American locations and an awesomely gifted and stylish cast, guarantee that *My Blueberry Nights* will delight and enchant moviegoers everywhere.



A beautiful young woman on the treacherous road to love....

My Blueberry Nights is the new film from one of the world's most sought-after directors, Wong Kar Wai. It's a magnificent love story starring multi-Grammy award winner Norah Jones in her movie debut along with an "A-list" cast of Academy Award winners and nominees including Jude Law, David Strathairn, Rachel Weisz and Natalie Portman.

Norah Jones plays a sensual, alluring young woman who sets out on an unforgettable journey of discovery in pursuit of true love. In heart-breakingly beautiful locations and classic Route 66 atmospheric diners, Wong Kar Wai's captivating heroine encounters a series of enigmatic



MY BLUEBERRY NIGHTS
A FILM BY WONG KAR WAI

CELEB NEWS

Toni Braxton will return to the Las Vegas stage on May 6 after cancelling a string of shows due to illness and taking advantage of a planned two-week break. Braxton, who has a heart condition, scrapped shows at the Flamingo Las Vegas, after she was briefly hospitalized with chest pains. She then cancelled a total of 14 shows, and has now chosen not to perform again this month. The 40-year-old Grammy winner will resume her show at the Flamingo Showroom on May 6. The cause of Braxton's hospitalization still hasn't been made public, although Braxton has been treated for pericarditis, a viral inflammation of the heart, in the past. «»» The Walt Disney company believes in fairies. Tinker Bell, who was represented as merely a beam of light in the original J.M. Barrie play *Peter Pan* and later became a full-fledged character (whose life is saved when the audience shouts "I believe in fairies") is about to star in four direct-to-DVD movies. The studio announced plans to issue a Tinker Bell movie each year through 2011, beginning with *Tinker Bell* in October of this year, followed by *Tinker Bell: North of Never Land* in 2009; *Tinker Bell: A Midsummer Storm* in 2010; and *Tinker Bell: A Winter Story* in 2011. Disney said in a statement that the movies will be released in Blu-ray and DVD but gave few other details. «»» Hollywood star **Wesley Snipes** has been sentenced to serve three years in jail for tax evasion. In February the *Blade* actor was convicted of failing to file his taxes for five years. The star was acquitted of tax fraud and filing a false claim, as well as three misdemeanor counts of wilful failure to file a tax return. But in Florida, U.S. District Judge William Terrell Hodges sentenced Snipes to three years imprisonment. Snipes' famous friends, like actors **Woody Harrelson** and **Denzel Washington**, sent letters to the judge as character references. The actor's attorneys argued that Snipes' crimes did not warrant a prison sentence, and that the star should be given probation. Details of when Snipes will have to surrender to prison, and where he will serve his sentence have not been released. «»» *Entourage* star **Jeremy Piven** has signed on to make his Broadway bow in a 2008 production of **David Mamet** play *Speed-the-Plow*. The actor will play one of a pair of warring movie producers in the show, which will debut in New York in November. The play, which is currently receiving rave reviews in London, where **Kevin Spacey** and **Jeff Goldblum** play the leads, last hit Broadway in 1988, when it was nominated for a Tony Award, with **Madonna** playing the female lead Keren. Other than Piven, no other casting announcements have been made for the show, but **Jessica Alba** is hotly tipped to take on the Keren role. «»» *Moulin Rouge* actor **Ewan McGregor** has spoken out for the first time about his battle with skin cancer, insisting he has now been given the all-clear following the shock diagnosis. The star was diagnosed with the deadly disease following a regular check-up and subsequently underwent surgery to remove a number of malignant moles from his face. The 37-year-old has not disclosed when he suffered the disease, but internet bloggers claim he had the surgery in February 2007. But McGregor has now recovered fully from the illness and is convinced it was "not that big of a deal." He says, "I just went to have them checked, you have to be careful if you're pale skinned and you spend time in the sun, with moles. So I went to see a specialist who thought they were better to be removed, and indeed, he was correct". «»»

NORTH

UCI CINEMAS
ARRABIDA SHOPPING
TEL: 707 232 221
1 MAY-7 MAY

88 Minutes

Al Pacino, Amy Brenneman
The Bucket List

Jack Nicholson, Morgan Freeman
Vantage Point

Dennis Quaid, Forest Whitaker
Miss Pettigrew Lives for a Day

Frances McDormand, Amy Adams
No Country for Old Men

Tommy Lee Jones, Javier Bardem
Rec

Javier Bolet, Manuel Bronchud
Horton Hears a Who

Animation PV
Diary of the Dead

Shawn Roberts, Megan Park
Semi-Pro

Will Ferrell, Woody Harrelson
The Bank Job

Jason Stratham, Saffron Burrows
We Own the Night

Joaquin Phoenix, Mark Wahlberg
Dan in Real Life

Steve Carell, Juliette Binoche
Meet the Spartans

Carmen Electra, Kevin Sorbo
My Blueberry Nights

Norah Jones, Jude Law
Youth Without Youth

27 Dresses
Katherine Heigl, James Marsden

Donkey Xote

Animation PV
Love in the Time of Cholera

Javier Bardem, Giovanna Mezzogiorno

Iron Man

Robert Downey Jr., Terrence Howard

21
Jim Sturgess, Kevin Spacey

Things we Lost in the Fire

Halle Berry, Benicio Del Toro

The Eye

Jessica Alba, Alessandro Nivola

Youth Without Youth

Tim Roth, Alexandra Maria Lara

Fool's Gold

Mathew McConaughey, Kate Hudson

LUSOMUNDO

FORUM AVEIRO

TEL: 707 246362

1 MAY-7 MAY

No Country for Old Men

Tommy Lee Jones, Javier Bardem

Youth Without Youth

Tim Roth, Alexandra Maria Lara

Rec

Javier Bolet, Manuel Bronchud

The Bucket List

Jack Nicholson, Morgan Freeman

Winx Club: The Secret of the Lost Kingdom

Animation PV

27 Dresses

Katherine Heigl, James Marsden

Iron Man

Robert Downey Jr., Terrence Howard

The Bank Job

Jason Stratham, Saffron Burrows

LUSOMUNDO

GLICÍNIAS

TEL: 707 246362

1 MAY-7 MAY

Dan in Real Life

Steve Carell, Juliette Binoche

The Ugly Duckling and Me

Animation PV

Iron Man

Robert Downey Jr., Terrence Howard

Meet the Spartans

Carmen Electra, Kevin Sorbo

Fool's Gold

Mathew McConaughey, Kate Hudson

The Eye

Jessica Alba, Alessandro Nivola



OV = Original Version

PV = Portuguese

Version

Diary of the Dead

Shawn Roberts, Megan Park
10,000 BC

Steven Strait, Camilla Belle

LUSOMUNDO

DOLCE VITA COIMBRA

TEL: 707 246362

1 MAY-7 MAY

27 Dresses

Katherine Heigl, James Marsden
We Own the Night

Joaquin Phoenix, Mark Wahlberg
The Bucket List

Jack Nicholson, Morgan Freeman
Semi-Pro

Will Ferrell, Woody Harrelson
Vantage Point

Dennis Quaid, Forest Whitaker
Love in the Time of Cholera

Javier Bardem, Giovanna Mezzogiorno

Rec

Javier Bolet, Manuel Bronchud

Winx Club: The Secret of the Lost Kingdom

Animation PV

Iron Man

Robert Downey Jr., Terrence Howard

My Blueberry Nights

Norah Jones, Jude Law

Youth Without Youth

Tim Roth, Alexandra Maria Lara

LUSOMUNDO

FORUM COIMBRA

TEL: 707 246362

1 MAY-7 MAY

Horton Hears a Who

Animation PV

The Eye

Jessica Alba, Alessandro Nivola

The Mist

Thomas Jane, Nathan Gamble

Dan in Real Life

Steve Carell, Juliette Binoche

Meet the Spartans

Carmen Electra, Kevin Sorbo

Fool's Gold

Mathew McConaughey, Kate Hudson

Iron Man

Robert Downey Jr., Terrence Howard

LUSOMUNDO

FOZPLAZA

TEL: 707 246362

1 MAY-7 MAY

Vantage Point

Dennis Quaid, Forest Whitaker

Horton Hears a Who

Animation PV

Fool's Gold

Mathew McConaughey, Kate Hudson

Rec

Javier Bolet, Manuel Bronchud

Iron Man

Robert Downey Jr., Terrence Howard

Love in the Time of Cholera

Javier Bardem, Giovanna Mezzogiorno

LUSOMUNDO

FERRARAPLAZA

TEL: 707 246362

1 MAY-7 MAY

Awake

Hayden Christensen, Jessica Alba

Horton Hears a Who

Animation PV

The Bank Job

Jason Stratham, Saffron Burrows

Iron Man

Robert Downey Jr., Terrence Howard

Pars Vite et Reviens Tard

José Garcia, Lucas Belvaux

The Bucket List

Jack Nicholson, Morgan Freeman

LUSOMUNDO

DOLCE VITA DOURO

TEL: 707 246362

1 MAY-7 MAY

27 Dresses

Katherine Heigl, James Marsden

St. Trinian's

Rupert Everett, Colin Firth

The Ugly Duckling and Me

Animation PV
Fool's Gold

Mathew McConaughey, Kate Hudson

Vantage Point

Dennis Quaid, Forest Whitaker

Rec

Javier Bolet, Manuel Bronchud

Mad Money

Diane Keaton, Queen Latifah

Iron Man

Robert Downey Jr., Terrence Howard

LUSOMUNDO

FORUM VISEU

TEL: 707 246362

1 MAY-7 MAY

No Country for Old Men

Tommy Lee Jones, Javier Bardem

Donkey Xote

Animation PV

27 Dresses

Katherine Heigl, James Marsden

Rec

Javier Bolet, Manuel Bronchud

The Bucket List

Jack Nicholson, Morgan Freeman

Fool's Gold

Mathew McConaughey, Kate Hudson

Iron Man

Robert Downey Jr., Terrence Howard

LUSOMUNDO

FORUM VIZELA

TEL: 707 246362

1 MAY-7 MAY

The Ugly Duckling and Me

Animation PV

The Bank Job

Jason Stratham, Saffron Burrows

Rec

Javier Bolet, Manuel Bronchud

Iron Man

Robert Downey Jr., Terrence Howard

LUSOMUNDO

BRAGA PARQUE

TEL: 707 246362

1 MAY-7 MAY

Rec

Javier Bolet, Manuel Bronchud

88 Minutes

Al Pacino, Amy Brenneman

Meet the Spartans

Carmen Electra, Kevin Sorbo

Fool's Gold

Mathew McConaughey, Kate Hudson

27 Dresses

Katherine Heigl, James Marsden

The Bucket List

Jack Nicholson, Morgan Freeman

Vantage Point

Dennis Quaid, Forest Whitaker

Donkey Xote

Animation PV

The Eye

Jessica Alba, Alessandro Nivola

Iron Man

Robert Downey Jr., Terrence Howard

LUSOMUNDO

DOLCE VITA PORTO

TEL: 707 246362

1 MAY-7 MAY

27 Dresses

Katherine Heigl, James Marsden

Horton Hears a Who

Animation PV

The Bucket List

Jack Nicholson, Morgan Freeman

Fool's Gold

Mathew McConaughey, Kate Hudson

One Night with the King

Tiffany Dupont, Luke Gross

Iron Man

Robert Downey Jr., Terrence Howard

21
Jim Sturgess, Kevin Spacey

My Blueberry Nights

Norah Jones, Jude Law

21
Jim Sturgess, Kevin Spacey

Iron Man (Digital)

Robert Downey Jr., Terrence Howard

LUSOMUNDO

MAIA SHOPPING

TEL: 707 246362

1 MAY-7 MAY

Meet the Spartans

Carmen Electra, Kevin Sorbo
Donkey Xote

Animation PV

Rec

Javier Bolet, Manuel Bronchud

St. Trinian's

Rupert Everett, Colin Firth

Iron Man

Robert Downey Jr., Terrence Howard

Dan in Real Life

Steve Carell, Juliette Binoche

LUSOMUNDO

NORTE SHOPPING

TEL: 707 246362

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt

UNTIL 13 JULY

institutional and poetic violence *violência institucional e poética*

Exhibition 'Violência Institucional e Poética' (Institutional and Poetic Violence) by Anne-Lise Coste, Tatjana Doll and Eric van Lieshout at Museu de Serralves • The artists show with objectivity the relation between societies and institutionalization and subversion of power • Serralves Museum • Tel: 226156500 / 543 / 584 • www.serralves.pt

GUIMARÃES

3 MAY



Cristina Branco 'Live - Tribute to Amália Rodrigues' at the Grand Auditorium of Centro Cultural Vila Flor at 22h00 • Tickets: €10 (€7.5 w/ discount) • Av. D. Afonso Henriques, 701 • 253424700 • www.aoficina.pt

EVERY FRIDAY

Café-Concerto (Coffee-Concert) with Jazz and other music genres • Centro Cultural Vila Flor • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

UNTIL 22 JUNE



Exhibition 'Leonardo da Vinci - O Gênio' (Leonardo da Vinci - The Genius) at Picadeiro do Colégio das Nobres, de Museu da Politécnica (Polytechnic Museums). On show are dozens of models in real size, built from da Vinci's drawings, along with other pieces inspired on the life and work of the Italian painter, sculptor, scientist, architect, engineer and inventor, considered one of the greatest genius of humanity. In parallel with the show, there are pedagogical activities for the young ones. A cycle of conferences will take place in simultaneous, in the amphitheatre 2 of the Calouste Gulbenkian Foundation. The exhibition 'Leonardo da Vinci - the Genius' is sponsored by Millennium BCP and promoted by Grafinvest • Mon-Fri: 10h-18h; weekends & holidays: 10h-20h • Rua da Escola Politécnica, 60 • 210997841 / 210997843 / 210997847 • www.leonardodavinciogenio.com

SINTRA

DAILY

Leal da Câmara Museum • Calçada da Rinchoa, 67, Rinchoa • Also has access through Algueirão Velho, Fitaes and Meleças • Tel: 219164303 • Fax: 219236150

www.the-news.net

South



SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

TUE, WED, SAT

'Desperate Horsewives!' social horseriding & lunch for mums and golf widows Tuesday am. • Pony Club Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeological Museum) • Alcaçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

Concert '3 Pianos' by Pedro Burmester, Bernardo Sassetti and Mário Laginha

16th May at Pavilhão do Arade (Lagoa) at 21h30



Works from B. Bartók, S. Barber, J. S. Bach, A. Hovhaness, W. A. Mozart and M. Ravel.

Recital by Yang Liu (violin) and I-Hsuan Tsai (piano)

17th May at Teatro Municipal de S. Brás de Alportel at 21h30 18/05 in Silves at 21h30



Works from S. Prokofiev, C. Franck and M. Ravel.

The Bon-Bon (Sesmaria) proudly presents 'Jazz on a Friday' Every Friday from 20h00 to 11h00 Dine and listen to the stylish **JazzSilk (duo)** Easy-listening - cool, smooth, romantic Latin-Jazz Tel: 282 341 496 for reservations

Exhibition by the Ukraine painter Vitaliy Manich at



EMARP - Empresa Municipal de Águas e Resíduos de Portimão Until 23rd May from 8h30 to 17h00 **EMARP is situated on Rua José António Marques, nº 17 in Portimão** Tel: 282 400 260 www.emarp.pt

'EAST ALGARVE WALKS' - Every Friday Morning - For more information, call Brian on: 913 595 868 moonlightservices@yahoo.co.uk



Centre



CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900

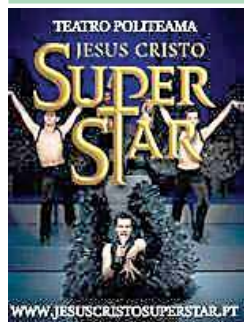
ESTORIL

DAILY

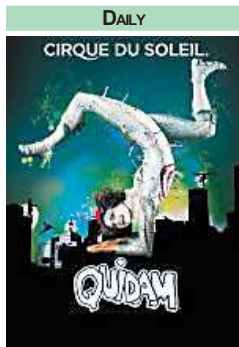
Casino Estoril • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • Email: info.cestoril@estoril-sol.com • www.casino-estoril.pt

LISBOA

ON SHOW



The Politeama Theatre presents 'Jesus Christ Superstar', the famous opera from Andrew Lloyd Webber and Tim Rice, on stage for 10 months have been seen by thousands of spectators who are unanimous in considering the show an unique and unmissable performance of this rock opera • Teatro Politeama is situated on Rua Portas de Stº Antão, nº 109 • Tickets from €15 to €35 • Tickets: Fnac shops, Abep and Alvalade Agencies • 213245500 • www.ticketline.pt • reservas@jesuscristosuperstar.pt • www.the-news.net



Cirque Du Soleil presents 'QUIDAM' • World famous acrobats in an amazing and impressive aerial performance, light effects and scenery • Tuesdays to Fridays at 21h30, Saturdays at 17h30 and 21h30 and Sundays at 16h30 and 20h30 (23 May also at 17h30 and Sunday 25 May at 13h00 and 17h00) • Grand Chapiteau (Algés) Maritime Promenade • www.ticketline.pt • 707234234

DAILY

Oceanarium • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanarium • Park of Nations • Open from 10h00 to 18h00 • 218917002

DAILY

National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mon & holidays) • Afonso de Albuquerque Square • 213610850

ALBUFEIRA

DAILY

Municipal Archaeological Museum • The museum is situated on Praça da República, nº 1 • Open in the Summer from 14h00 to 20h00 (closed Mondays); the remainder of the year open from 10h30 to 16h30 (closed Mondays) • 289512258 • www.cm-albufeira.pt

FARO

2 MAY

Included in the FIMA 2008 (30th Algarve Musica Festival) the Prague Chamber Orchestra conducted by Osvaldo Ferreira will perform at Teatro das Figuras at 21h30 • The repertoire stems mainly from the classicist heritage, mainly inspired in the High Baroque • 289888100 • www.teatrodasfiguras.pt

8 TO 18 MAY



23rd Algarve Academic Week

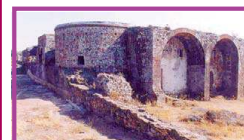
• More than 20 renowned national and international bands and 20 DJs, will spread music and vibrate the Complexo Desportivo da Penha (Penha Sports Complex). Among the performers are the English band GROOVE ARMADA in DJ Set version, filling the night of 10th May with their music • Penha Sports Complex • www.saalgarve.com

LAGOS

1-15 MAY



Photography Exhibition by João Paulo Carrondo • Lagos Armazém Regimental • Open from 10h00 to 19h00 everyday • For more information contact mobile: 966887767



Visit the archaeological site of **S. Cucufate, in Vila de Frades (Vidigueira)** • Summer Times (1 May to 15 September): Tue 15h-18h; Wed to Sun 09h30-13h & 15h-18h • Entrance: €2 / €2.50 for children under 14. Free for all on Sundays and public holidays until 14h00 • Tels: 284441113 (S. Cucufate) 284441612 fax: 266769855 email: dre.ippar@ippar.pt http://www.ippar.pt/monumentos/sitio_cucufate.html

BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Great British Menu. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Snooker: The World Championship. The fourth and final session of the first semi-final. Coverage continues on BBC2. (T) 4.30 Final Score. (T)

5.20 BBC News; Regional News; Weather. (T) 5.40 The Kids Are All Right. A Glaswegian brother and sister and their two friends go up against a group of super-smart children in a battle of wits to earn a cash prize. Hosted by John Barrowman. (T)

6.20 Doctor Who. Part two of two. The Sontarans activate their masterplan and begin to choke the planet, while the Doctor considers making the ultimate sacrifice to keep both Martha and Donna alive. (T)

7.05 I'd Do Anything. The remaining seven Nancys battle it out on stage to stay in the competition, while the Olivers discover who is the next to go through to the semi-final. Results are tomorrow at 7.05pm. (T)

8.05 The National Lottery: 1 vs 100. Ben Shepherd hosts the quiz in which one contestant takes on 100 opponents in a bid to win a big-money prize. Jenni Falconer introduces the National Lottery draws. (T)

8.55 Casually. Ruth feels suicidal again, but her spirits are raised after helping save a life following a motorbike accident, and Adam discovers Jessica is married. Alexander Morton guests. (T)

9.45 Love Soup. Alice relinquishes the sofa in Milly's poky flat for her own room in the more spacious apartment of her actress friend Fae Madison. However, while her new life proves no less eventful, Alice struggles with her conscience following the traumatic break-up with Douglas and worries how he will cope. (T)

10.15 BBC News; Weather; (T) National Lottery Update. (T)

10.30 Match of the Day. Gary Lineker introduces highlights of this afternoon's Premier League fixtures, including Manchester United v West Ham United at Old Trafford and Fulham v Birmingham City at Craven Cottage. The Hammers boast an enviable record against the Red Devils, having won the last three meetings between the teams, and they could severely damage their opponents' title hopes if they were to succeed once again. The Blues and Cottagers contested a 1-1 draw at St Andrews back in December, but they are both determined to secure maximum points this time around as they continue to battle against relegation. (T)

11.50 FILM: Halloween H20 (1998). Horror, starring Jamie Lee Curtis. (T)

1.10 FILM: Manchester United: Beyond the Promised Land (2000). Documentary following the football team. (T) 2.30 Friday Night with Jonathan Ross; (R) (T) Weatherview. 3.35 BBC News. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) CBeebies Birthdays. (R) (T) 6.55 Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 WITCH. (T) 7.35 Trollz; (R) (T) Bernard. (R) (T) 8.00 The Sorcerer's Apprentice; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.35 Even Stevens. (R) (T) 9.00 Escape from Scorpion Island. (T) 9.30 Escape from Scorpion Island; (T) Diddy Dick & Dom. (R) (T) 10.00 Hedz. (R) (T) 10.30 The Slammer. (R) (T) 11.00 What's New Scooby-Doo? (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Falcon Beach. (T) 12.45 BBC Switch: Falcon Beach. (T) 1.30 BBC Switch: The Surgery. (T) 1.50 BBC Switch: Sound. (T) 2.20 FILM: All for Love (1999). Romantic drama, starring Jean-Marc Barr. (T) 3.45 Monk. (T) 4.30 Snooker: The World Championship. The fourth and final session of the first semi-final. (T) 5.30 Coast. (R) (T) 6.30 Dad's Army. (R) (T) 7.00 Snooker: The World Championship. Steve Davis and John Parrott join Hazel Irvine for live coverage of the concluding session of the second semi-final at the Crucible Theatre in Sheffield. (T) 10.00 Have I Got a Bit More News for You. Special extended version of Friday's edition, with host Brian Blessed and guest panellists Alan Duncan and Marcus Brigstocke joining team captains Paul Merton and Ian Hislop. (T) 10.40 The Comedy Map of Britain. (T) 11.40 The Apprentice. (R) (T) 12.40 The Apprentice: You're Fired! (R) (T) 1.15 FILM: Tape (2001). Drama, starring Ethan Hawke. (T) 2.35 Mad Men. (R) (T) 3.25 Monk. (R) (T) 4.05 Close.

Pick of the Day

All Star Mr & Mrs (ITV1 Granada, 7.05pm)

If you're the sort of person who lies awake at night wondering what your favourite television personality is really like once the cameras stop rolling, make sure you catch this celebrity version of the Derek Bates's classic Seventies game show. Taking time away from the This Morning sofa, Phillip Schofield and Fern Britton seek to find out if some of the nation's famous faces and their partners really are made for each other. David Coulthard is used to keeping cool while racing at 200mph-plus, but how will he fare as Fern and Phil grill him about his relationship with fiancée Karen Minier? Vic Reeves and Nancy Sorrell, who seem to have one of the most rock-solid marriages in showbusiness, are the next celebrity couple to come under the microscope. As each pair plays, one half is sent off to the soundproofed booth while their partner is quizzed on the life together. The other half will then return and be challenged to match their partner's answers in a bid to win points. After two rounds the couple with the most points will go on to play for the big cash prize of £30,000 for the charity of their choice.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Gollissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Beauty & the Geek. (R) (T) 9.55 T4: The Green Room. (T) 10.25 T4: Shipwrecked 2008: Battle of the Islands. (R) (T) 11.30 T4: Shipwrecked 2008: The Third Island. (R) (T) 12.00 T4: Friends. (R) (T) 12.30 T4: Shipwrecked 2008: The Hutcam Diaries. (T) 1.00 T4: Pussycat Dolls Present: Girlicious. (T) 2.00 Channel 4 Racing from Newmarket and Goodwood. Including the 3.25 stanjamesuk.com 2000 Guineas Stakes (1m). (T) 4.20 Deal or No Deal. (T) 5.05 Jamie at Home. (R) (T) 5.40 Come Dine with Me. (R) (T) 6.40 Channel 4 News. (T) 7.10 Grand Designs. Kevin McClood visits a couple whose plans to build a dream home in Tuscany were disrupted by a struggle to obtain planning permission and a run-in with the Italian authorities. (R) (T) 8.10 ER. Luka struggles to forgive Abby for her indiscretion and Neela discovers the patient who underwent emergency surgery on her aorta has developed an infection. Maura Tierney stars. (T) 9.10 FILM: Charlotte Gray (2001). World War Two drama chronicling the journey of an unassuming woman as she becomes a spy and infiltrates enemy territory. Starring Kate Blanchett and Billy Crudup. (T) 11.20 Boy A. (R) (T) 1.20 FILM: The Shape of Things (2003). Premiere. Drama, starring Rachel Weisz. 3.05 Friday Night In. (R) (T) 3.15 FILM: Seance on a Wet Afternoon (1964). Psychological drama, starring Richard Attenborough. (bw) 5.15 3 Minute Wonder: Preparing for the Worst. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.15 Little Princess. (R) (T) 7.35 The Beeps. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.05 The Milkshake! Show. (T) 8.40 Hana's Helpline. (R) (T) 8.55 The Funky Valley Show. (R) (T) 9.10 Gerald McBoing Boing. (T) 9.40 Mist: Sheepdog Tales. (T) 10.00 Football Italiano Highlights. (T) 10.30 Neighbours. (T) 12.40 Breaking into Tesco. (R) (T) 1.40 FILM: S Club: Seeing Double (2003). Adventure, starring the pop group. (T) 3.30 FILM: Walk, Don't Run (1966). Romantic comedy, starring Cary Grant. (T) 5.35 FILM: Anzio (1968). Wartime drama, starring Robert Mitchum. (T) 7.40 five news and sport. (T) 7.55 NCIS. The team investigate the murder of an officer and learn the victim was leading a double life. However, just when the crime appears to be solved, further evidence throws the case wide open. (R) (T) 8.50 NCIS. The team investigate the murder of a woman shown live over the Internet. Their inquiries point to a pair of housewives running a pornographic website. (R) (T) 9.45 CSI: NY. A body is found near a cluster of dead sharks on a beach. (T) 10.45 Law & Order. A key witness to the killing of a drug dealer is shot dead. (T) 11.45 True CSI. The murder of a man at an Ohio petal station. (T) 12.45 Quiz Kick. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Supernormal. (T) 9.40 Emu. (R) (T) 9.55 My Parents Are Aliens. (R) (T) 10.25 Coronation Street. (T) 12.15 ITV News and Weather. (T) 12.20 London Today; Weather. (T) 12.25 Crocodile Hunter Diaries. (R) (T) 1.25 FILM: Bill & Ted's Excellent Adventure (1989). Comedy, starring Keanu Reeves and Alex Winter. (T) 3.00 FILM: Back to the Future Part III (1990). Sci-fi comedy sequel, starring Michael J. Fox. Continues after the news. (T) 4.00 London Tonight; Weather. (T) 4.15 ITV News and Weather. (T) 4.30 FILM: Back to the Future Part III (1990). Concluded. (T)

5.35 All New You've Been Framed! Comedian Harry Hill narrates a selection of calamities, including a Gordon Brown lookalike getting hammered on a trip to the fairground and a naughty nudist ruining a photo. (T)

6.05 Kids Do the Funniest Things. Stephen Mulhern presents the first of two new specials. Stories include a three-year-old card player, a 10-year-old pilot and a toddler who bought a car on eBay when his mother wasn't looking. (T)

7.05 All Star Mr & Mrs. Fern Britton and Phillip Schofield quiz another three couples - Vic Reeves and Nancy Sorrell, David Coulthard and fiancée Karen, and Bez and partner Monica. (T) Britain's Got Talent. The auditions reach the halfway point and it seems there's still no shortage of Brits willing to demonstrate their unique abilities on TV. Luckily, Simon Cowell, Amanda Holden and Piers Morgan are on hand with their trusty buzzers to get rid of the worst, while sending the few genuine talents through to the next round, taking them one step closer to the prize of £100,000 and also a slot on the Royal Variety Performance. Presented by Ant and Dec. (T)

9.10 Pushing Dees. Halloween presents a particularly spooky case for the gang, when a stableman is trampled to death by a ghostly horseman on a flame-spitting steed. It turns out that Olive knew the victim, so she engages Emerson's services. However, when Ned tries his usual trick of asking the victim for his killer's identity, there's a big problem - the accused died seven years ago so can't have been responsible. (T) 10.10 The Matrix Revolutions: Special Introduction. The producer of the Matrix trilogy Joel Silver gives an exclusive preamble to the screening of the concluding film in the cycle. (T)

10.15 FILM: The Matrix Revolutions (2003). The final part of The Matrix trilogy sees the residents of Zion battling to stop the machines while Neo and Trinity set out to save them all. Sci-fi sequel, starring Keanu Reeves. Continues after the news. (T) 11.15 ITV News and Weather; Weather. (T) 11.30 FILM: The Matrix Revolutions (2003). Concluded. (T) 12.55 Nightwatch with Steve Scott: Mystery; (R) (T) ITV News Headlines. 2.40 FILM: Splitting Heirs (1993). Comedy, starring Eric Idle. (T) 4.05 ITV Nightscreen.

LOCAL

RTP1
0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Film-de-Semana 1100 Miss Cast Away, film 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1615 Sexta a Noite 1915 O Preço Certo 2000 News 2115 Operação Triunfo 0115 Black Cat Run, film 0415 Teleales

RTP2
0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1230 Film TBA 1300 News 1330 Bombordo 1400 Afeganistão - O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kaboom 2100 Diga Lá. Excelência 2145 A Hora da Sorte 2200 News 2315 Um Longo Domingo de Noivado, film 0245 Sport 0615 Euronews

SIC
0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nosso Mundo 1300 News 1715 Film TBA 2000 News 2130 Camacho Costa: 5 Anos de Saudade 2300 Desejo Proibido 0000 Resistirei 0330 Quando o Telefone Toca 0415 Film TBA

TVI
0700 Childen TV 1030 O Bando dos 4 1200 DeLuxe 1400 Billy Madison, film 1600 Envy, film 1800 Serenity, film 1900 News 1930 Football: Benfica v Belenenses 0015 Film TBA 0015 Film TBA 0500 The Office 0530 Teleales

Best of the Rest

BBC3
7.00 Three's Out-Takes 7.05 Doctor Who Confidential 7.50 The Real Hustle 8.05 Top Gear 9.10 Film: High Fidelity 15 (2000) 10.55 Scallywagga 11.25 Family Guy 11.50 Family Guy Guy 12.15 Family Guy 12.35 Family Guy 12.55 Family Guy 1.15 Glamour Girls 1.45 Page Three Teens 2.45 The Wall 3.30 Scallywagga 3.55 Glamour Girls 4.25 The Real Hustle 4.40 Close

BBC4
7.00 Meetings with Remarkable Trees 7.10 In Search of Medieval Britain 7.40 The Book Quiz 8.10 A Perfect Spy 9.05 A Perfect Spy 10.00 The Best of Youth 11.35 Mad Men 12.20 Mad Men 1.10 Mad Men 1.55 David Ogilvy: Original Mad Men 2.55 In Search of Medieval Britain 3.25 The Book Quiz 4.00 Close

ITV2
1.50 TV's Funniest Music Moments 2.50 Beat the Star 4.05 Britain's Got More Talent 5.05 Pushing Daisies 6.05 Gossip Girl 7.05 Film: Jurassic Park III PG (2001) 8.50 The Planet's Funniest Animals 9.10 Thank God You're Here 10.10 Britain's Got More Talent 11.10 Katie & Peter: The Next Chapter 12.10 Britain's Got Talent 1.15 Britain's Got More Talent 2.15 Entourage 2.40 The Office: An American Workplace 3.05 Emeraldale 5.05 ITV2 Nightscreen

Sky One
1.00 Lost 2.00 Lost 3.00 Lost 4.00 Lost 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 Futurama 7.30 Futurama 8.00

The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Law & Order 12.00 A-Z of Gladiators 1.30 Film: Something Beneath 15 (2007) 3.00 Deadwood 4.00 Deadwood 4.55 Bite Size Brainiac 5.10 Gully! UKTV Gold

2.10 Film: Carry On Again, Doctor PG (1969) 3.50 dinnerladies 4.30 The Thin Blue Line 5.10 Blackadder II 5.50 My Family Christmas Special 6.55 My Family 8.00 Blackadder's Christmas Carol 9.00 Film: Ace Ventura: When Nature Calls PG (1995) 10.50 The Black Adder 11.30 The Royle Family 12.10 Men Behaving Badly 12.50 The Worst Week of My Life 1.30 The Black Adder 2.10 Blackadder's Christmas Carol 2.50 The Royle Family 3.20 Men Behaving Badly 3.50 The Worst Week of My Life 4.20 Alistair McGowan's Big Impression 4.40 Some Mothers Do 'Ave 'Em 5.10 Dallas

TCM
1.00 The People Against O'Hara U (1951) 3.00 Anchors Aweigh U (1945) 5.30 Code Name: Emerald PG (1985) 7.10 Casablanca U (1942) 9.00 Dead Calm 15 (1988) 10.45 Classic Shorts 2007 10.50 Classic Shorts 2007 11.05 Blow-Up 15 (1966) 1.05 Mr Ricco 15 (1975) 2.55 Boom Town U (1940) 5.00 Abbott and Costello in Hollywood U (1945)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Cheetha Girls 2 U (2006) Drama, starring Raven-Symone.

MOVIES

Sky Movies Drama

7.05 Hometown Legend PG (2002) 8.55 Prefrontal 15 (1997) 10.45 Colony: Murder in Malibu PG (1990) 12.25 If Only 15 (2004) With Jennifer Love Hewitt. 2.10 Volcano 12 (1997) With Tommy Lee Jones. 4.10 Nurses on the Line: The Crash of Flight 7 PG (1993) With Lindsay Wagner. 5.55 City of Angels PG (1998) With Nicolas Cage. 8.00 Robin Hood: Prince of Thieves PG (1991) With Kevin Costner. 10.25 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 12.55 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent" Jackson. 3.00 Too for the Money 15 (2005) With Al Pacino. 5.10 The Simple Life of Noah Dearborn PG (1999)

Sky Movies Comedy

6.00 Milk 15 (1998) 7.45 Christmas in Boston PG (2005) 9.15 Racing Ace PG (2005) 10.55 Ice Age: The Meltdown U (2006) 12.30 No Time for Nuts 12.40 Father of the Bride PG (1991) With Steve Martin. 2.30 Norbit 12 (2007) With Eddie Murphy. 4.20 No Time for Nuts 4.30 Ice Age: The Meltdown U (2006) With Ray Romano. 6.05 Father of the Bride PG (1991) With Steve Martin. 8.00 The Wedding Singer 12 (1998) With Adam Sandler. 9.45 Norbit 12 (2007) With Eddie Murphy. 11.30 Let's Go to Prison (2006) With Dax Shepard. 1.05 The Wedding Singer 12 (1998) With Adam Sandler. 2.50 Christmas

in Boston PG (2005) With Maria Sokoloff. 4.20 Racing Ace PG (2005)

Sky Movies Action

6.05 Walker, Texas Ranger: Trial by Fire 12 (2005) 7.40 Next of Kin 15 (1989) 9.35 Death Wish V: The Face of Death 18 (1994) 11.25 The Marine 15 (2006) With John Cena. 1.05 Godzilla PG (1998) With Matthew Broderick. 3.25 Next of Kin 15 (1989) With Patrick Swayze. 5.20 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 7.10 Fearless 15 (2006) With Jet Li. 9.00 Striking Distance 15 (1993) With Bruce Willis. 10.45 The Fast and the Furious: Tokyo Drift 12 (2006) With Lucas Black. 12.35 Lucky Number Slewin 18 (2006) With Josh Hartnett. 2.30 Marathon Man 18 (1976) With Dustin Hoffman. 4.40 Godzilla PG (1998)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Live Football Special. Manchester United v West Ham United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.55 Live Rugby Union. Bath v Saracens (Kick-off 6.00pm). 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Sky Sports Classics 1.30 Champions League Weekly 2.00 Live Big Fight Special. Oscar De La Hoya v Steve Forbes. 5.00 Champions League Weekly 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Sports Adventure 6.30 Friday Fight Night 8.30 Live Rugby Union. The Hurricanes v The Lions (Kick-off 8.35am). 10.30 Live Rugby Union. The Reds v The Blues (Kick-off 10.40am). 12.30 World Sport 1.00 Max Power 2.00 Live A1 Grand Prix. The British Grand Prix qualifying session. 4.00 Sports Adventure 4.30 World Sport 5.00 Live Super League. Castleford Tigers v Wakefield Trinity Wildcats (Kick-off 5.00pm). 7.00 Live Super League. Bradford Bulls v Leeds Rhinos (Kick-off 7.00pm). 9.00 Super League 10.00 Sports Adventure 10.30 A1 Grand Prix 12.30 Live NASCAR. The Dan Lowry 4.40. 3.30 Max Power 5.30 IAAF Athletics Weekly

Sky Sports 3

6.00 ATP Tennis 6.30 Golf Night 9.00 WWE: Smackdown 11.00

WWE: Bottom Line 12.00 Sports

Adventure 12.30 Live European Tour Golf. The Open de Espana. 4.30 WWE: Smackdown 6.30 WWE: Bottom Line 7.30 Golf Night 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 Spanish Football 3.30 Golf Night

British Eurosport

6.00 Live MotoGP. The qualifying session for the 125cc Chinese Grand Prix. 6.45 Live MotoGP. Qualifying for the MotoGP Chinese Grand Prix. 8.00 Live MotoGP. Qualifying for the 250cc Chinese Grand Prix. 9.00 UEFA Cup Football 10.00 Live Snooker. The World Championship. 1.00 UEFA Cup Football 2.30 Live Snooker. The World Championship. 5.45 Show Jumping 7.00 Live Snooker. The World Championship. 10.00 MotoGP 12.00 French Rugby 1.00 Close 4.45 Live MotoGP. The 125cc Chinese Grand Prix.

Sky Sports Xtra

6.00 Tight Lines 7.00 Rugby League 9.00 NFL: America's Game 10.00 Max Power 11.00 World Sport 12.00 Racing News 12.00 NFL: America's Game 1.00 NFL: Total Access 2.00 Live Rugby Union. The Bulls v The Waratahs (Kick-off 4.05pm). 4.00 Live Rugby Union. The Stormers v The Brumbies (Kick-off 4.05pm). 6.00 A1 Grand Prix 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 Rugby Union 1.00 Super League 3.00 Rugby Union 5.00 NFL: Total Access



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BBC1

6.00 Breakfast. (T) 7.45 Live MotoGP. The Chinese Grand Prix. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.55 FILM: Madeline (1998). Children's comedy, starring Frances McDormand. (T) 4.20 'Allo 'Allo! (R) (T) 4.50 Keeping Up Appearances. (R) (T)

5.20 Points of View. With Jeremy Vine. (T) 5.35 Songs of Praise. Aled Jones visits the European Capital of Culture, Liverpool. Hymns from the Metropolitan Cathedral include Hail Redeemer, King Divine and Tell Out My Soul. (T)

6.10 BBC News; Regional News; Weather. (T) 6.35 Seaside Rescue. The Coastguard and the RNLI set out to rescue a woman when a trip along the beach takes a dramatic turn, and unusual weather conditions in Cornwall expose a 100-year-old shipwreck. (T)

7.05 I'd Do Anything. One of the seven finalists vying for the part of Nancy is asked to leave as the hopeful girls discover who will be progressing through to the next round of the competition, and the candidates for the role of Oliver perform another heart-warming song. Graham Norton presents. (T)

7.35 My Family. Ben decides to sell his dental practice and take up a hobby. However, he soon finds that his new pastime is even more boring than work. Meanwhile, Susan's move up the ladder at the art gallery results in more than one fall. Comedy, starring Robert Lindsay and Zoe Wanamaker. (R) (T)

8.05 FILM: Raiders of the Lost Ark (1981). The first Indiana Jones movie sees Harrison Ford's intrepid archaeologist trying to prevent the Ark of the Covenant from falling into Nazi hands. Exciting adventure, with Karen Allen. (T)

10.00 BBC News; Weather. (T)

10.20 Match of the Day 2. Adrian Chiles presents highlights of this afternoon's Premier League fixtures, featuring Arsenal v Everton at the Emirates Stadium and Liverpool v Manchester City at Anfield. The Gunners thrashed the Toofees 4-1 at Goodison Park earlier in the campaign and, having not lost a home fixture to the Merseysiders since 1996, will start as favourites to claim maximum points. The last six matches between the Reds and City have yielded just four goals, but Rafael Benitez's men have produced some excellent form in recent months and will be confident of finding their opponents' net. (T)

11.10 FILM: Dragonfly (2002). Supernatural drama, starring Kevin Costner. (T)

12.45 The Sky at Night: (T) Weatherwise. (T) 1.10 Sign Zone: Watchdog. (R) (T) 1.40 Sign Zone: Holby City. (R) (T) 2.40 Sign Zone: Age of Terror. (R) (T) 3.40 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 4.10 BBC News. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) CBeebies Birthdays. (T) 6.55 Tweenies Safety Shorts. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) Bernard. (R) (T) 8.00 Trapped. (R) (T) 8.30 Hider in the House; (T) Diddy Dick & Dom. (R) (T) 9.35 Match of the Day. (T) 11.00 Something for the Weekend. (T) 12.30 Rugby Union. (T) 1.00 Badminton Horse Trials. The show jumping discipline on the third and final day. (T) 3.00 Snooker: The World Championship. The first eight frames of the final. (T) 5.30 Under the Skin. (R) (T) 6.00 BBC Young Musician of the Year - 30th Anniversary. (T) 7.00 The Birth of Israel. On May 14 1948, the British Mandate for Palestine expired, and the newly conceived State of Israel declared its independence from Palestinian authorities. This documentary details how the aftermath of this monumental event continues to colour relations between Arabs and Israeli Jews, and discusses its implications for the Middle East peace process. (T) 8.00 Snooker: The World Championship. Hazel Irvine and Ray Stubbs are joined by Steve Davis and John Parrott for live coverage of the second session of the final at the Crucible Theatre in Sheffield. (T) 11.00 FILM: The IPCress File (1965). Espionage thriller. Michael Caine stars. (T) 12.45 Graham Norton Uncut. (T) 1.30 Heroes. (R) (T) 2.15 FILM: Curdled (1996). Black comedy thriller, starring William Baldwin. (T) 3.40 BBC News. 3.40 The Record Europe. 4.00 BBC News. (T) 4.10 Inside Sport. Weekly round-up, presented by Gabby Logan. (R) (T) 4.50 Close.

Pick of the Day

Flood (ITV1 Granada, 8.05pm)

Are you a fan of disaster movies such as The Day After Tomorrow? If so, you're in for a treat, if you're not scared to death by the possibilities this new two-part drama throws up anyway. It all begins when a devastating storm hits the Scottish town of Wick, causing a massive flood that destroys the town and leaves many of its residents sick or wounded. Meanwhile, back in London, all appears to be well; the sun is shining and things are ticking over nicely for Sam, the Thames flood barrier's director of operations until her ex-husband, engineer Rob, turns up with bad news. His estranged father, Professor Leonard Morrison, has contacted him with a disturbing prediction involving the after-effects of events in Wick and a seasonal high tide that will result in a colossal surge of water, big enough to flood the whole of London. And it's going to happen in just three hours time. The Deputy Prime Minister takes the threat so seriously, he begins evacuating the entire city but will everyone get out alive, or has the big move come too late? Robert Carlyle, Jessalyn Gilsig, Tom Courtenay, Joanne Whalley, David Suchet and Nigel Planer star.

C4

6.10 Inuk. (R) (T) 6.25 The Hoobs. (R) (T) 6.50 Transworld Sport. (T) 7.45 The British Formula 3 International Series. 8.15 The Shooting Party. (T) 8.45 T4: Shipwrecked 2008: The Hutcum Diaries. (R) (T) 9.20 T4: Hollyoaks. (T) 11.50 T4: Shipwrecked 2008: Battle of the Islands. (T) 12.55 T4: Shipwrecked 2008: The Third Island. (T) 1.25 T4: The Green Room. (T) 2.00 Channel 4 Racing from Newmarket and Salisbury. Including the 3.20 stanjamesuk.com 1,000 Guineas Stakes (1m). (T) 4.10 The Simpsons. (R) (T) 4.40 The Simpsons. (T) 5.05 Time Team. (R) (T) 6.00 Scrapheap Challenge. (T) 7.00 Channel 4 News. (T) 7.05 Bremner, Bird and Fortune. The comedy trio continue their political satire series, lampooning everything from the London mayoral race to the country's Olympic dreams. (T) 8.05 Grand Designs Live. New series. Kevin McCloud attempts to build his own sustainable home in just six days. Plus, properties from across the country are examined to discover the show's Home of the Year. (T) 9.05 FILM: The Full Monty (1997). Blockbusting comedy about a group of hard-up Yorkshiremen who try to make ends meet by becoming strippers, proving that there still is steel in Sheffield. Robert Carlyle stars. (T) 10.45 FILM: Desperado (1995). Violent thriller, starring Antonio Banderas. (T) 12.40 FILM: My First Mister (2001). Premiere. Romantic drama, starring Leelee Sobieski. 2.50 Dish. (R) (T) 3.00 The Diets That Time Forgot. (R) (T) 4.00 St Elsewhere. (R) 4.55 A Brief History of Fun. (R) (T) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.05 Little Princess. (R) (T) 7.25 The Beeps. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 The Milkshake! Show. (T) 8.30 Hana's Helpline. (R) (T) 8.50 The Funky Valley Show. (R) (T) 9.00 Gerald McBoing Boing. (T) 9.30 Mist: Sheepdog Tales. (T) 9.45 Demolition Dad. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Kathryn Tickle's Northumbria. (R) (T) 11.50 FILM: I Love You, I Love You Not (1996). Drama, starring Jeanne Moreau. (T) 1.30 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.20 Escape from Alcatraz: The True Story. (R) (T) 5.20 five news and sport. (T) 5.35 FILM: Spider-Man 2 (2004). Comic-strip adventure, starring Tobey Maguire. Includes a five news update. (T) 8.05 FILM: The Bridges of Madison County (1995). A photographer working in Iowa meets a lonely housewife and embarks on a brief but passionate romance. Bewitching romantic drama, starring Clint Eastwood and Meryl Streep. (T) 10.40 FILM: Consenting Adults (1992). Thriller, starring Kevin Kline. (T) 12.30 Great Edinburgh Run. 1.00 Live Major League Baseball. St Louis Cardinals v Chicago Cubs. 4.20 IndyCar Series. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.55 Captain Mack. (T) 10.10 Meg & Mog. (R) 10.15 The Planet's Funniest Animals. (R) (T) 10.35 FILM: Custer of the West (1967). Historical biopic, starring Robert Shaw. (T) 1.05 ITV News and Weather. (T) 1.15 London Today; Weather. (T) 1.20 Britain's Got Talent. (R) (T) 2.20 FILM: Dirty Rotten Scoundrels (1988). Comedy, starring Michael Caine and Steve Martin. (T) 4.20 Pushing Daisies. (R)

5.20 Tales from the Country. Tony Francis joins a group of monks for a dawn prayer in Gloucestershire and watches runners tackle a 10k course in the Cotswolds. Selina Scott meets the carers at a horse sanctuary. (T)

5.50 London Tonight; Weather. (T)

6.05 ITV News and Weather. (T)

6.20 Beat the Star. World-class swimmer Mark Foster takes on Brenton Amedee, an investment banker from London determined to win the huge cash prize and put the world-class athlete to shame. (T)

7.35 Coronation Street. Claire discovers the extent of the family's financial difficulties when Ashley admits to using their own money to prop up the business. Audrey makes a disturbing discovery. (T)

8.05 Flood. First in a two-part drama, starring Robert Carlyle. Rob Morrison, head of Atlantis Engineering, finds he must put aside personal issues when a crisis unfolds at the Thames Barrier. His ex-wife Sam is Director of Operations, and his estranged father Leonard a professor of engineering who warns the structure is potentially ineffective. But the trio must work together to avert the devastation facing London. As an evacuation of the capital begins, the Barrier is overwhelmed, wreaking devastation. Also starring Tom Courtenay, Jessalyn Gilsig and David Suchet. Concludes tomorrow. (T)

10.05 Headcases. Satirical sketches featuring animated images of celebrities, politicians and people in the public eye. (T)

10.35 ITV News and Weather; Weather. (T)

10.50 Liza Minnelli: The South Bank Show. Melvyn Bragg interviews the iconic entertainer as she prepares for her forthcoming UK tour, beginning at the London Coliseum at the end of the month. Liza describes her relationship with her mother, Judy Garland, and an archive performance with her in 1964 is featured. The touring show will include a special selection of songs devoted to and arranged by her godmother Kay Thompson, a leading vocal coach in Hollywood in the 1940s and 1950s. Plus, exclusive footage filmed in Florida. (T)

11.50 Championship Goals. The final day of the regular Championship season. (T)

12.55 Cathedral; (R) (T) ITV News Headlines. 1.45 Dial a Mum. (R) (T) 2.20 Under One Roof. (R) (T) 2.45 Under One Roof. (R) (T) 3.10 People's Court. (R) (T) 4.05 ITV Nightscreen.

LOCAL

RTP1
0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Dominical 1000 Eucarista Dominical 1100 Equipados Para Matar 1200 AB Ciência 1230 Mr Bean 1300 News 1400 Film TBA 1730 Film TBA 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0100 Il Caíman, film 0400 Telesales 0605 Nds

RTP2
0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nds 1045 Da Terra ao Mar 1115 Consócio 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto & coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Britcom 0050 Onda Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC
0700 Floribella 0930 Os Bandidos 1000 Trazan II: The Legend 1230 Oitavo Dia 1300 News 1400 Fame 1500 Film TBA 2000 News 2130 Camilo em Sarilhos 2215 Duas Caras 2345 Aqui Não Há Quem Viva 0045 Film TBA 0145 Amazonia 0230 Quando o Telefone Toca 0415 O Jogo

TVI
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Oitavo Dia 1300 News 1410 Top + 1530 Ciclismo: Tour of Frande 1700 Film TBA 12000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doce Fugitiva 0130 Film TBA 0215 Toca a Ganhar 0330 Zeus and Roxanne 0500 Telesales

Best of the Rest

BBC3
7.00 Sound 7.30 The Real Hustle 8.00 Doctor Who 8.45 Doctor Who Confidential 9.30 Little Britain 10.00 Family Guy 10.45 Scallywagga 11.15 Two Pints of Lager and a Packet of Crisps 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Child Stars 1.15 The Real Hustle 1.45 Scallywagga 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.15 Child Stars 4.15 Close

BBC4
7.00 Inside the Medieval Mind 8.00 Terry Jones' Medieval Lives 8.30 Terry Jones' Medieval Lives 9.00 Dear Television 9.10 Washes White 10.00 Mad Men 10.45 James Taylor: One Man Band 11.50 Hotel California: From the Byrds to the Eagles 1.25 In Concert: James Taylor 2.10 From Ranch to Raunch 3.10 Inside the Medieval Mind 4.10 Close

ITV2
1.40 Emmerdale 4.05 Coronation Street 6.05 American Idol 7.05 American Idol 8.05 Britain's Got Talent 9.05 Britain's Got More Talent 10.05 Bionic Woman 11.05 Katie & Peter: The Next Chapter 12.05 Coronation Street 12.40 Laura, Ben and Him 1.05 Nanny 911 1.40 Teleshopping 4.40 ITV2 Nightscreen

Sky One
1.30 Lost 2.30 Lost 3.30 Lost 4.30 Lost 5.30 The Simpsons 6.00 Are You Smarter Than a 10 Year Old?

7.00 Gladiators Ready! The Gladiators Story 8.00 The Simpsons 8.30 The Simpsons 9.00 Lost 10.00 Film: GoodFellas 18 (1990) 12.40 Ross Kemp in Afghanistan 1.40 Road Wars 2.30 The Dresden Files 3.20 Project Runway 4.15 Deadwood 5.10 Guilty!

UKTV Gold
1.20 My Family 2.25 Film: First Knight PG (1995) 5.00 Dancing with the Stars 6.25 Dancing with the Stars 7.20 Only Fools and Horses 8.20 Only Fools and Horses 9.00 Film: Sweet Home Alabama 12 (2002) 11.00 The Black Adder 11.40 The Royle Family 12.20 Men Behaving Badly 1.00 The Worst Week of My Life 1.40 The Royle Family 2.20 Men Behaving Badly 2.50 Film: Sweet Home Alabama 12 (2002) 4.35 2point4 Children 5.05 2point4 Children 5.35 Neighbours

TCM
1.00 This Could Be the Night U (1957) 3.00 Intro by Frank Sinatra Jnr 3.05 High Society U (1956) 5.00 Strangers on a Train PG (1951) 6.55 Rhapsody U (1954) 9.00 Plenty 18 (1985) 11.15 Classic Shorts 2007 11.45 Lolita 15 (1962) 2.25 The Four Horsemen of Apocalypse PG (1961) 5.00 Johnny Eager PG (1942)

The Disney Channel
Kids' programmes from 7am, except: 6.00 Film: Read it and Weep U (2006) Family comedy, starring Kay Panabaker.

MOVIES

Sky Movies Drama

6.45 Her Own Rules PG (1998) 8.15 A Father's Son PG (1995) 9.55 Columbo: Grand Deceptions PG (1989) 11.35 These Foolish Things 12 (2006) With Zoe Tapper 1.35 Idlewild 15 (2006) With Andre Benjamin 3.40 The White Countess PG (2005) With Ralph Fiennes 6.00 Stepping Out PG (1991) With Liza Minnelli 8.00 Fracture 15 (2007) With Anthony Hopkins 10.00 Meet Joe Black 12 (1998) With Brad Pitt 1.05 North Country 15 (2005) With Charlize Theron 3.20 Walkout 12 (2006) 5.20 Her Own Rules PG (1998)

Sky Movies Comedy

6.00 Carolina PG (2003) 7.45 Like Mike 2: Streetball PG (2006) 9.25 Confetti 15 (2006) 11.10 My Best Friend's Wedding 12 (1997) With Julia Roberts 12.55 Like Mike 2: Streetball PG (2006) With Jascha Washington 2.35 Big Momma's House 2 PG (2006) With Martin Lawrence 4.15 Three Amigos! PG (1986) With Steve Martin 6.00

Confetti 15 (2006) With Martin Freeman 8.00 My Best Friend's Wedding 12 (1997) With Julia Roberts 9.50 Big Momma's House 2 PG (2006) With Martin Lawrence 11.30 Three Amigos! PG (1986) With Steve Martin 1.30 Dukes of Hazzard: The Beginning 15 (2007) With Jonathan Bennett 3.15 Underfunded 12 (2006) 4.45 Carolina PG (2003)

Sky Movies Action

7.05 Young Ivanhoe PG (1995) 8.50 Uncommon Valor 15 (1983) 10.40 Snakes on a Plane 15 (2006) 12.35 Deja Vu 12 (2006) With Denzel Washington 2.45 Body Heat 15 (1981) With William Hurt 4.45 Black Sunday 15 (1977) With Robert Shaw 7.10 Snakes on a Plane 15 (2006) With Samuel L Jackson 9.00 Deja Vu 12 (2006) With Denzel Washington 11.10 American Ninja 18 (1985) With Michael Dudikoff 12.50 The Border 15 (1981) With Jack Nicholson 2.40 Hard Eight 18 (1996) With Gwyneth Paltrow 4.25 Young Ivanhoe PG (1995)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Spanish Football 8.00 Big Fight Special 10.00 The Sunday Supplement 11.00 League 9.30 Wild Spirits 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Golf Night 2.00 Watersports World 3.00 Race World 4.00 Bass Fishing 5.00 Watersports World

Sky Sports 2

6.00 Wild Spirits 6.30 World Sport 7.00 Football First 8.30 Football First 10.00 Super League 12.00 Live Cricket. Hampshire Hawks v Gloucestershire Gladiators. Continues on the interactive service. 1.30 Live Football League. A match from the Championship. 4.15 Live Cricket. Hampshire Hawks v Gloucestershire Gladiators. 7.30 Golf Night 9.30 World Sport 10.00 NASCAR 12.00 A1 Grand Prix 2.00 NASCAR 4.00 Golf Night

Sky Sports 3

6.00 Race World 7.00 Rugby Union 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Big Fight Special 1.00 Live A1 Grand Prix. The British Grand Prix at Brands Hatch. 4.00

Wild Spirits 4.30 Live Super League. Hull FC v Hull Kingston Rovers (Kick-off 4.30pm). 6.30 Live Super League. St Helens v Wigan Warriors (Kick-off 6.30pm). 8.30 Super League 9.30 Wild Spirits 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Golf Night 2.00 Watersports World 3.00 Race World 4.00 Bass Fishing 5.00 Watersports World

British Eurosport

6.00 Live MotoGP. The 250cc Chinese Grand Prix. 7.15 Live MotoGP. The MotoGP Chinese Grand Prix. 9.00 Beach Volleyball 9.30 Beach Volleyball 10.00 MotoGP 11.00 Snooker 12.00 MotoGP 2.00 Snooker 3.00 Live Snooker. The World Championship final. 6.00 euroCRASH! 6.15 French Rugby 6.45 Motorsports Weekend 7.00 UEFA Under-17s Championship 8.00 Live Snooker. The World Championship final. 11.00 MotoGP 12.00 euroCRASH! 12.15 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Watersports World 7.00 A1 Grand Prix 9.00 NASCAR 11.00 Wild Spirits 11.30 Racing News 12.00 World Sport 12.30 Live European Tour Golf. The Open de Espana. 4.30 World Sport 5.00 WWE: Experience 6.00 A1 Grand Prix 8.00 Big Fight Special 10.00 Super League 12.00 Super League 2.00 Super League 3.00 Squash 4.00 Squash 5.00 Rally Fever



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PAT Care

See page 41

BBC1

6.00 Breakfast. (T) 9.00 Missing Live. (T) 9.45 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 10.45 To Buy or Not to Buy. (R) (T) 11.30 Bargain Hunt. (R) (T) 12.15 BBC News; Weather. (T) 12.30 Regional News; Weather. (T) 12.40 Live FA Women's Cup Final. Arsenal v Leeds United (Kick-off 1.00pm). (T) 3.10 FILM: Honey, I Blew Up the Kid (1992). Disney comedy, starring Rick Moranis. (T) 4.35 FILM: National Treasure (2004). Premiere. Action adventure, starring Nicolas Cage. (T)

6.35 BBC News; Weather. (T)
6.50 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Watchdog. Investigation show, fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury; (T) BBC News; Regional News. (T)

8.00 EastEnders. Steven continues to wield power over his captive, but Pat makes a discovery that threatens to expose him. Roxy and Peggy hatch a risky scheme to get Ben to his exam without Phil finding out. Mickey and Darren plead with a reluctant Jase to help them deal with Sean, and Bianca looks for a job. (T)

8.30 Panorama. Reporter Ross McWilliam investigates claims that dangerous convicts are being sent to unsuitable open prisons to help solve the overcrowding crisis. He considers the case of a man who escaped 18 months into a 10-year sentence after being assigned to a low-security institution. Jeremy Vine presents. (T)

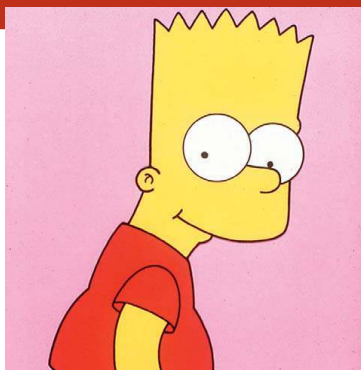
9.00 Waking the Dead. Part one of two. An anonymous e-mail leads the squad to waste ground in east London, where the remains of a right-wing political activist are found. Further research into the man's past reveals he was not who he claimed to be and had a hidden agenda of his own. Detective drama, guest starring Philip Whitchurch and Cyril Nri. Concludes tomorrow. (T)

10.00 The BBC News at Ten. (T)
10.10 Regional News; Weather. (T)

10.20 Meet the Immigrants. Polish care worker Monica Limonovitch comes to terms with life away from her family, while shy Latvian Victor Tamulis tackles his dancing duties in a Bournemouth hotel. (T)

10.50 Inside Sport. Weekly round-up, presented by Gabby Logan, with interviews, features and reaction to all the latest headlines. (T)
11.30 FILM: Runaway Train (1985). Action adventure, starring Jon Voight. (T)

1.20 Sign Zone: Am I Normal? (R) (T) 2.20 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 2.50 Sign Zone: Animal 24:7. (R) (T) 3.35 Sign Zone: Animal 24:7. (R) (T) 4.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Poozie. (R) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.29 CBeebies: CBeebies Birthdays. (T) 8.30 Jackanory Junior. (T) 8.45 Numptyjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Dangerousmouse. (R) (T) 10.50 Animal Park. (R) (T) 11.50 FILM: A Distant Trumpet (1964). Western adventure, starring Troy Donahue. (T) 1.45 Murder, She Wrote. (R) (T) 2.30 Snooker: The World Championship. The third session of the final. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Legends: Val Doonican Rocks. Portrait of the veteran Irish singer, renowned for his easy-listening hits and traditional comic songs. Featuring interviews with Rolf Harris, John Williams and Gloria Hunniford. (T) 8.00 Snooker: The World Championship. Steve Davis and John Parrott join Ray Stubbs and Hazel Irvine for live coverage of the concluding session of the final at the Crucible Theatre in Sheffield. Subsequent programmes subject to change. (T) 11.00 Am I Normal? (R) (T) 12.00 Have I Got News for You. (R) (T) 12.30 FILM: Doctor in Trouble (1970). Comedy, starring Leslie Phillips. (T) 2.00 The Super League Show. (T) 2.45 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The Simpsons (C4, 6pm)

It's almost 20 years since The Simpsons went from a badly drawn series of sketches on The Tracey Ullman to the lucrative, world famous icons they are today. The good news is after 19 years they show little sign of losing their appeal just yet. In the past 12 months alone, they've dominated the big screen; left games fans addicted to their various consoles, and on May 15, they make their debut at Universal Studios, Florida with The Simpsons Ride. Even if you've not seen the movie or played the game, there's still plenty to enjoy with this week's episodes. Thursday sees the terrestrial premiere of The Regina Monologues, a Blighy-based offering featuring Tony Blair, JK Rowling and Ian McKellen. However, this edition, also a Channel 4 premiere, is well worth a look. Homer tries to help his fugitive mum Mona evade justice, but unwittingly delivers her into the hands of the police who promptly put her on trial for sabotaging Mr Burns' germ-warfare laboratory in the 1960s. Aside from series regulars Dan Castellaneta, Julie Kavner and Nancy Cartwright, the vocal cast includes Damages star Glenn Close.

C4

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Freshly Squeezed. 7.15 Everybody Loves Raymond. (R) (T) 7.40 Everybody Loves Raymond. (R) (T) 8.10 Just Shoot Me. (R) (T) 8.40 Frasier. (R) (T) 9.10 Will & Grace. (R) (T) 9.40 Will & Grace. (R) (T) 10.10 Friends. (R) (T) 10.40 Friends. (R) (T) 11.10 4Music Presents: Mariah Carey. (R) (T) 11.40 4Music Presents: Duffy. (R) (T) 12.10 FILM: Escape to Victory (1981). World War Two adventure, starring Michael Caine. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Grand Designs Today. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.25 3 Minute Wonder: The World According To. Children explain modern wonders. (R) (T) 7.30 A Time Team Special: Britain's Drowned World. The parts of Britain submerged under the English Channel. (R) (T) 9.00 Grand Designs Live. Kevin McClood attempts to build his own sustainable home. (T) 10.00 FILM: Hostage (2005). Premiere. A former hostage negotiator tries to save the children of a crooked accountant, who have been taken prisoner by psychotic delinquents. Thriller, with Bruce Willis. (T) 12.05 Dylan Moran: Like, Totally. (R) (T) 1.10 The Invasion. (R) (T) 1.30 FILM: Man on Fire (1987). Thriller, starring Scott Glenn. (T) 3.00 The Diets That Time Forgot. (R) (T) 4.00 Channel 4 Education. 4.00 Henning's Haus. 4.15 Henning's Haus. 4.30 Henning's Haus. 4.45 Henning's Haus. 5.00 Henning's Haus. 5.15 We Are From. 5.30 We Are From. 5.45 We Are From. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 My First. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Look! (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Breaking into Tesco. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 FILM: The Hallelujah Trail (1965). Comedy Western, starring Burt Lancaster. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 FILM: Airplane II: The Sequel (1982). Robert Hays and Julie Hagerty return for another disaster movie spoof, this time wreaking havoc aboard a space shuttle. With Lloyd Bridges, William Shatner, Raymond Burr and Sonny Bono. (T) 7.30 How Do They Do It? Presenter Robert Lewellyn learns how wheat is harvested, visits the cleanest place in Britain and examines the production of crash helmets. (T) 7.30 five news update. 8.00 The Gadget Show. Top-rated televisions and mobile phones are tested. (T) 8.00 five news at 9. 9.00 Paul Merton in China. The comedian watches a Chinese opera. (R) (T) 10.00 Don Joly's Complainers. Tackling the irritations of modern life. (T) 11.05 FILM: Dangerous Minds (1995). Drama, with Michelle Pfeiffer. (T) 12.55 NASCAR. 1.55 US PGA Golf. 2.45 NHL Ice Hockey. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 News 2100
Notas Soltas 2130 Sabe Mais
do Que um Miúdo de 10 Anos?
2230 Prós e Contras 0130 Film
TBA 0400 Teleales 0605 Nós

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1905
Eurodeputados 1945 Zig Zag
2045 Friends 2115 National
Geographic 2150 A Hora da
Sorte 2200 News 2240 Seis
Grãos 2330 Bastidores 0030
Noites 0115 Universidades
0145 Discovery Hour 0245 Diga
Lá Excelência 0345
Eurodeputados 0415 Sociedade
Civil 0545 Euronews

SIC

0700 Floribella 0830 Sic Kids
0915 Floribella 1000 Fátima 1300
News 1415 Desejo Proibido
0115 Eterna Magia 1545
Contacto 1800 Sete Pecados
1900 A Ganhar é que a Gente se
Entende 2000 News 2130 Os
Malucos do Riso 2215 Duas
Caras 2330 Resistir! 0030 CSI
Miami 0130 Rescues Me 0330
Quando o Telefone Toca

TVI

0700 Diário da Manhã 1000 Você
na TV 1300 News 1400 As
Tardes da Júlia 1700 Quem
Quer Ganhar 1800 Morangos
com Açúcar 2000 News 2200
Fascinios 2300 Deixa-me 0200
Toca a Ganhar 0345 Film TBA
0530 Teleales

Best of the Rest

BBC3

7.00 Dragons' Den 8.00 The
Real Hustle 8.30 Glamour
Girls 9.00 Gavin & Stacey
9.30 Gavin & Stacey 10.00
EastEnders 10.30 Ideal
11.00 Placebo 11.30
American Dad! 11.55
American Dad! 12.15 Glamour
Girls 12.45 Gavin & Stacey
1.15 Gavin & Stacey 1.45
Ideal 2.15 Placebo 2.45 The
Real Hustle 3.15 Blood,
Sweat and T-Shirts 4.15
Close

BBC4

7.00 The Book Quiz 7.30 The
Sky at Night 8.00 Young
Musician of the Year 9.00
Christina: A Medieval Life
10.00 Film: Saint Joan PG
(1957) 11.50 Christina: A
Medieval Life 12.50 Young
Musician of the Year 1.50
The Sky at Night 2.20 The
Book Quiz 2.50 Christina: A
Medieval Life 3.50 The Book
Quiz 4.20 Close

ITV2

1.00 The Jeremy Kyle Show
2.00 The Jeremy Kyle Show
3.00 Gossip Girl 4.00 Gossip
Girl 5.00 Gossip Girl 6.00
Gossip Girl 7.00 Gossip Girl
8.00 Gossip Girl 9.00
Pushing Daisies 10.00 Film:
Die Hard 18 (1988) 12.35
Coronation Street 1.05
Coronation Street 1.40 Laura,
Ben and Him 2.05 Comedy
Cuts 2.30 Teleshopping 5.30
ITV2 Nightscreen

Sky One

1.00 Bones 2.00 Stargate SG-1
3.00 Stargate SG-1 4.00
Gladiators Ready! 5.00
Gladiators Story 5.00
Futurama 5.30 Futurama 6.00
Futurama 6.30 Malcolm in the

Middle 7.00 The Simpsons
7.30 The Simpsons 8.00
Film: Batman and Robin PG
(1997) 10.25 Bones 11.25
Road Wars 12.25 Bones
1.25 Lost 2.15 Lost 3.05
Cold Case 3.55 Airline 4.20
Dream Team 5.10 Guilty!
UKTV Gold

2.00 Film: The Borrowers U
(1997) 3.40 Only Fools and
Horses 5.00 Film: Spy Kids
3-D: Game Over U (2003)
6.35 The Vicar of Dibley
7.45 The Vicar of Dibley
9.00 Only Fools and Horses
10.15 The Catherine Tate
Show 11.00 Men Behaving
Badly 11.40 The Royle
Family 12.20 The Catherine
Tate Show 1.00 Men
Behaving Badly 1.40
Taggart 3.25 Close Up 3.35
Jim'll Fix It Strikes Again
4.00 Jim'll Fix It Strikes
Again 4.25 Wogan: Now and
Then 5.15 Neighbours 5.35
Neighbours

TCM

1.00 The Cazaleas 3.00
Butterfield 8 PG (1960) 4.55
Northwest Passage PG
(1940) 7.10 Green Mansions
U (1959) 9.00 The Long Kiss
Goodnight 18 (1996) 11.10
Classic Shorts 2007 11.15
Classic Shorts 2007 11.30
A Clockwork Orange 18
(1971) 1.50 Bataan PG
(1943) 3.50 Parlor, Bedroom
and Bath U (1931) 5.00 In
Our Time U (1944)

The Disney Channel

Kids' programmes from
7am, except: 6.00 Film: Spy
Kids 2: Island of Lost
Dreams U (2002) Family
adventure sequel, starring
Antonio Banderas.

MOVIES

Sky Movies Drama

6.50 Shadow Makers PG (1989)
9.00 Cleopatra 10.45 Cleopatra
12.30 The Hunt for 'Red
Connelly' PG (1990) With Sean
Connery. 2.50 The Legend of
Butch and Sundance PG
(2004) With David Rogers. 4.30
The Lake House PG (2006)
With Sandra Bullock. 6.20
Sixty Six 12 (2006) With Gregg
Sulkin. 8.00 The Hunt for Red
October PG (1990) With Sean
Connery. 10.20 The
Untouchables 15 (1987) With
Kevin Costner. 12.25 Lord of
War 15 (2005) With Nicolas
Cage. 2.30 Elizabethtown 12
(2005) With Orlando Bloom.
4.35 The Legend of Butch and
Sundance PG (2004)

Sky Movies Comedy

6.40 Annie Hall 15 (1977) 8.20
A Funny Thing Happened on
the Way to the Forum PG
(1966) 10.00 Just My Luck PG
(2006) 11.45 My Super Ex-
Girlfriend 12 (2006) With Uma
Thurman. 1.30 Mr Bean's
Holiday PG (2007) With Rowan
Atkinson. 3.05 Just My Luck
PG (2006) With Lindsay
Lohan. 4.50 Police Academy
VI: City Under Siege PG (1989)
With Bubba Smith. 6.20 Mouse
Hunt PG (1997) With Nathan
Lane. 8.00 Mr Bean's Holiday
PG (2007) With Rowan
Atkinson. 9.35 My Super Ex-
Girlfriend 12 (2006) With Uma
Thurman. 11.15 Beethoven 18
(2006) With Erik Stolhanske.
1.20 Police Academy VI: City
Under Siege PG (1989) With
Bubba Smith. 2.50 Annie Hall
15 (1977) With Woody Allen.

4.35 A Funny Thing Happened on the Way to the Forum PG (1966)

Sky Movies Action

6.00 Lone Wolf McQuade 18
(1983) 7.50 Adrift 15 (2006)
9.30 187 15 (1997) 11.35 The
Sentinel 12 (2006) With
Michael Douglas. 1.25
Diplomatic Siege 15 (1999)
With Tom Berenger. 3.05 Blood
Diamond 15 (2006) With
Leonardo DiCaprio. 5.30 Adrift
15 (2006) With Eric Dane. 7.10
The Sentinel 12 (2006) With
Michael Douglas. 9.00 Tango
& Cash 18 (1989) With
Sylvester Stallone. 10.50
Edison 15 (2005) With Morgan
Freeman. 12.40 Blow Out 18
(1981) With John Travolta.
2.35 Vanishing Point 18 (1971)
With Barry Newman. 4.30 Angel
Flight Down PG (1996)

(R) - repeat programme;

(T) - programme with

teletext subtitles;

(S) - programme broadcast

casting stereo;

(bw) - black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 Dickinson's Real Deal. (R) (T) 11.30 60 Minute Makeover. (R) (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Agatha Christie's Poirot. (R) 3.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.15 ITV Evening News; Weather. (T)

6.30 You've Been Framed! A driver reverses his car into a river. (R) (T)

7.00 Emmerdale. Pollard wrongly assumes Val is his blackmailer, but after letting the cat out of the bag about Rosalind he realises his mistake and begs for forgiveness. Mel and Greg seek answers at the hospital and are told they need a DNA test. Jonny shocks Diane and Chas with news of Gray and Katie's engagement. (T)

7.30 Coronation Street. Audrey's shocking discovery prompts Maria to confess her distressing secret, and Liam is stunned when a midwife calls at the house. Marcus is suspicious when Sean returns early from holiday. Chesney's spirits are lifted by a phone call from Les, but he is soon upset by his news. (T)

8.00 Bills to Pay: Tonight. (T)

8.30 Coronation Street. Liam struggles to come to terms with the news, as a desperate Maria seeks consolation from him. Claire comes up with a novel idea to save money and soon finds an ally in the Street. A nervous Diane is delighted by Tina's visit, but worried she might not share his feelings. Fizz tries to cheer up Chesney. (T)

9.00 Flood. Conclusion of the two-part drama. Rob and Sam manage to contact Leonard, deciding the only remaining hope of draining London of water lies in making a risky return to the submerged machine room. The trio face a race against time to save the city, with the lives of millions of people at stake. Robert Carlyle, Tom Courtenay, Jessalyn Gilsig and David Suchet star. (T)

11.00 The Late News and Weather; Weather. (T) 11.15 FILM: The Adventures of Pluto Nash (2002). Premiere. Sci-fi comedy, starring Eddie Murphy. (T)

12.55 UEFA Champions League Weekly. (T) 1.25 British Touring Car Championship; (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 Make Me Perfect. (R) (T) 3.55 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00 Good
Morning Sports Fans 9.00
Soccer AM: The Best Bits 10.00
Soccer Extra 12.00 Live
Crickets. Surrey Brown Caps v
Kent Spitfires. Continued on
Sky Sports 3. 3.30 Live
Football Special. Newcastle
United v Chelsea (Kick-off
4.00pm). 6.30 Big League
Weekend 8.00 Monday Night
Live. Poole Pirates v Swindon
Robins. 10.00 Football Special
11.30 Big League Weekend
1.00 Soccer AM: The Best
Bits 2.00 World Motor Sport
4.30 Big League Weekend

Sky Sports 2

6.00 Race World 7.00 Super
League 9.00 Super League
11.00 Super League 12.00 Live
Masters Tennis. The Rome
Masters. 9.30 Sports
Adventure 10.00 World Motor
Sport 12.30 Speedway 2.30
Close

Sky Sports 3

6.00 Wild Spirits 6.30
Champions League Weekly
7.00 FAW Football 7.30 Spanish
Football 9.00 WWE: Bottom
Line 10.00 Sports Adventure
10.30 Wild Spirits 11.00
Aerobics Oz Style 11.30
Racing News 12.00 FAW
Football 12.30 Soccer Extra
2.30 Soccer AM: The Best
Bits 3.30 Live Cricket. Surrey
Brown Caps v Kent Spitfires
7.30 Sports Adventure 8.00
WWE: Diva Special 10.00
WWE: Late Night - Bottom Line
11.00 WWE: Late Night -

Afterburn 12.00 Extreme
Championship Wrestling 1.00
WWE: Heat 2.00 Live WWE:
Late Night - Raw. Wrestling
action from the States. 4.15
Close

British Eurosport

7.30 Motorsports Weekend
7.45 MotoGP 8.45 Le Mans
Endurance Series 9.15 F1:
The Factory 9.45 Motorsports
Weekend 10.00 Snooker 11.00
UEFA Under-17s
Championship 12.00 UEFA
Under-17s Championship 1.00
French Rugby 1.30 Strongest
Man 2.30 Live Snooker. The
World Championship final. 5.00
Eurogals 5.45 Road to Euro
2008 6.00 MotoGP 7.30 Live
Snooker. The World
Championship final. 11.00
Eurogals 11.45 Road to Euro
2008 12.00 WATTS 12.30 Close

Sky Sports Xtra

6.00 Bass Fishing 7.00 Bass
Fishing 8.00 A1 Grand Prix
10.00 Golf Night 12.00 Big
Fight Special 2.00 Sports
Adventure 2.30 Wild Spirits
3.00 Bass Fishing 4.00 WWE:
Raw 6.00 Sports Adventure
6.30 World Motor Sport 9.00
Sports Adventure 9.30 Wild
Spirits 10.00 Bass Fishing
11.00 Sports Adventure 11.30
Wild Spirits 12.00 Sports
Adventure 12.30 Bass Fishing
1.30 Sports Adventure 2.00
Wild Spirits 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 The BBC News at One; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Elliot Kid. (T) 4.00 Thumb Wrestling Federation: TWF; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 Dinosapien; (R) (T) The Owl. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 The BBC News at Six; Weather. (T) 6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T) 7.30 EastEnders. While Roxy continues to berate herself for the accident, a desperate Steven takes drastic action to prevent Pat revealing his secret. A troubled Ricky can't bring himself to visit the hospital and is touched by the support Bianca offers. Clare's dubious past catches up with her; (T) BBC News; Regional News. (T)

8.00 Holby City. Connie is frustrated by all the praise Jayne is heaping on Linden, but advice from Jac is able to ease the situation. Ric hides Abra in the hospital basement after a series of accidents, however his presence does not remain a secret for long, and Elliot is accused of playing office politics when he uses his position with the Byrne charity to help a patient. (T)

9.00 Waking the Dead. Part two of two. Boyd and the cold case squad race to uncover the truth about the political activist's murder, fully aware that if they don't solve the mystery, a young boy's life is at stake. Philip Whitchurch and Cyril Nri guest star in the crime thriller, with Trevor Eve, Sue Johnston and Tara FitzGerald. (T)

10.00 The BBC News at Ten. (T) 10.25 Regional News; Weather. (T) 10.35 FILM: Air Force One (1997). Action thriller, starring Harrison Ford; (T) Weatherview. (T)

12.35 Sign Zone: Don't Leave Me This Way. (R) (T) 1.05 Sign Zone: The Primary. (R) (T) 2.05 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 2.35 Sign Zone: Animal 24/7. (R) (T) 3.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Poppie. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.29 CBeebies: CBeebies Birthdays. (T) 8.30 Jackanory Junior. (R) 8.45 Numberjacks. (R) (T) 9.00 Boogie Bebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Let's Write Poetry: The Big Slam. (T) 10.50 BBC Primary History. (T) 11.10 Timewatch. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Maths Channel. (T) 1.10 BBC Primary Geography. (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Michael Palin's New Europe. Croatia, Bosnia, Serbia and Albania. (R) (T) 8.00 Natural World. Peru's endangered spectacled bears. (T) 8.50 Watching the Wild: Cornish Seals. Searching for seal pups near Land's End. (T) 9.00 Age of Terror. The decade-long al-Qaeda jihad on the West. Last in series. (T) 10.00 Later Live - with Joos Holland. Featuring Robert Plant with Alison Krauss, the Fratellis and Emmylou Harris. (T) 10.30 Newswight. Weather. (T) 11.20 Mad Men. (T) 12.10 BBC News. (T) 3.20 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Too Fat to Toddle (ITV1 Granada, 9pm)

We're often told that child obesity is a growing problem which could have serious consequences for the nation as a whole, but parents whose offspring are piling on the pounds usually find they are on their own. Professor Paul Gately says: "Britain is facing an epidemic, which isn't too strong a statement given that 4.5 million children in the UK are overweight or obese, but still there is no mainstream service for weight loss in children." It's a problem he'll be addressing in this programme, which follows four families as they enrol their kids in his 'fat camp' for under sixes. The children he meets include five-year-olds Teighan, whose mother is at a loss to explain why her daughter already weighs six stone when she eats the same as her siblings, and Eden, whose weight is causing arguments between her parents her mum thinks it's a problem, but her dad disagrees. Professor Gately hopes to show the families why their children's problems need nipping in the bud, and prove that a few simple lifestyle changes are all it takes. But will the young dieters find the battle of the bulge any easier than older slimmers?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.30 Sweet Sixteen; (R) (T) Georgia Goes Out. (R) (T) 10.00 Sweet Sixteen; (R) (T) Knife Crime. (R) (T) 10.30 The Big Squeeze; (R) (T) Before and After. (R) (T) 11.05 Young Black Farmers; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 FILM: The Bells of St Mary's (1945). Musical drama, starring Bing Crosby. (T) (bw) 2.55 A 100 Grand Place in the Sun. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Grand Designs To Go. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Britain Recut. Reinterpreting public information films. (T) 8.00 How to Look Good Naked. Stylist Gok Wan helps Jenny, a mother of two who, despite having an attractive size 8 figure, covers her body in partner Simon's baggy clothes and hasn't worn a bra in eight years. (T) 9.00 Grand Designs Live. Kevin McClood attempts to build his own sustainable home. (T) 10.00 Amy Winehouse: What Really Happened. The singer-songwriter's turbulent private life. Last in series. (T) 11.05 Jesus Camp. (T) 12.05 Dirty Sexy Money. (R) (T) 1.05 Premier League Poker. 2.00 British Superbike Championship. 2.55 The British Formula 3 International Series. (R) 3.25 KOTV. (T) 3.50 Grudge Match. (R) (T) 4.00 Channel 4 Education. (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 My First. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.40 Look! (R) (T) 7.45 Roary the Racing Car. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Fi and the Flowerrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Look! (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Breaking into Tesco. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Cities. (R) (T) 3.05 The Family Recipe. (T) 3.10 FILM: Trial and Error (1992). Thriller, with Tim Matheson. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Jaguar Adventure with Nigel Marvin. The effects of deforestation on the jaguar. (T) 7.30 five news update. 8.00 The Family That Defied Hitler: Revealed. How a Jewish family survived the Holocaust and were reunited. (R) (T) 8.00 five news at 9.00 CSI: Crime Scene Investigation. A prisoner bursts into flames when he tries to escape. (T) 10.00 CSI: Miami. A wealthy businessman is killed; (R) (T) five news update. (T) 11.00 Law & Order: Criminal Intent. (T) 12.00 FBI Files. (T) 1.05 Football Italiano. 1.25 NBA Basketball. Game one of the Eastern Conference semi-final. 4.20 French Football. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T) 6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale: Race Against Time. Mel receives a phone call from the hospital about the DNA results and, fearing the worst, decides to flee the village with baby Arthur. Ashley races to the airport to try and stop her leaving with what could be his son. Val is seething when she catches Pollard with Rosalind at the factory, but an admission soon reveals the real blackmailer. (T)

8.00 Who Wants to Be a Millionaire? Chris Tarrant invites another line-up of contestants to have a go at answering questions that could change their lives - with lifelines Ask the Audience, Phone a Friend and 50-50 available to them if they get stuck. 9.00 Too Fat to Toddle. The issue of childhood obesity is highlighted when four families take part in an experiment to see if they can change their present eating habits and influence their children's future health. They learn simple techniques to implement these suggested changes and have six weeks to put theory into practice - with startling results. Fay Ripley narrates. (T) 10.00 News at Ten and Weather; Weather. (T) 10.35 Benidorm. Donald and Jacqueline take revenge on Mateo in their own unique way, while Janice gets back at Mick for forgetting their anniversary by lapping up the flattering attentions of handsome young admirer Jack. Comedy, with Siobhan Finneran, Jake Canuso, Janine Duvitski and Kenny Ireland. Wendy Richard guest stars. (R) (T)

11.05 Q-Cars - Robbery Squad. New series. The team call in. Stig the police dog to track down a suspect, and a robbery victim's night is made worse when she returns home to find her house ransacked. 11.35 Dexter. The Ice Truck Killer strikes again - with dire consequences for Dexter, who is traumatised by the sight of the crime scene and experiences a flood of repressed memories. Deb's personal relationships become increasingly strained, while Paul files assault charges against Rita and sues her for sole custody of the children. (R) (T)

12.40 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.25 Loose Women. (R) 3.15 The Jeremy Kyle Show. (R) (T) 4.10 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal No Coração 1800
Portugal em Directo 1945
Football: Manchester V
Barcelona 2130 News 2100
Sabe Mais Do Que um Miúdo
de 10 Anos 2300 Film TBA
0230 O Tutor 0400 Telesales
0605 Nós

RTP2

0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra Ao Mar 1600 National
Geographic 1700 Zig Zag
1830 A Fé Dos Homens 1900
1010 1945 Zig Zag 2045
Freinds 2110 National
geographic 2200 News 2200
Greys Anatomy 2330 Sempre
em Pé 0040 Noites da 2
0115 Universidades 0145
Hora Discovery 0245 camera
Claa 0355 2010 0535
Sociedade Civil 0605
Euronews

SIC

0700 Fioribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1415 Eterna
Mágia 1515 Contacto 1800
Sete Pecados 1900 A Ganhar
è Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Film TBA 2330
Resitirei 0030 Entre Vidas
0130 Rescure Me 0230
Quando o Telefone Toca
TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitiva
0015 Film TBA

Best of the Rest

BBC3

7.00 Dog Borstal 8.00
Britain's Youngest
Grannies 9.00 Blood, Sweat
and T-Shirts 10.00
EastEnders 10.30
Scallywagg 11.00 The Wall
11.45 American Dad! 12.10
American Dad! 12.30 Blood,
Sweat and T-Shirts 1.30
Scallywagg 1.55 The Wall
2.40 Britain's Youngest
Grannies 3.40 Dog Borstal
4.40 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Pop Go the
Sixties 7.35 Batman 8.00
Young Musician of the Year
9.00 Chinese School 10.00
Goodness Gracious Me
10.30 Film: Films to Keep
You Awake: To Let 15 (2006)
11.35 The Saint and the
Hanged Man 12.35 Chinese
School 1.35 Young Musician
of the Year 2.35 The Book
Quiz 3.05 Chinese School
4.05 Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.40
Ricki Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judy
7.00 Smallville 8.00
Katie & Peter: The Next
Chapter 9.00 Film: Die Hard
18 (1988) 11.35 Headcases
12.05 Comedy Cuts 12.35
Film: Bird on a Wire 15 (1990)
2.40 Teleshopping 5.40 ITV2
Nightscreen
Sky One
1.00 Cold Case 2.00 Bones
3.00 Stargate SG-1 4.00
Stargate SG-1 5.00
Futurama 5.30 Futurama

6.00 Futurama 6.30 Malcolm
in the Middle 7.00 The
Simpsons 7.30 The
Simpsons 8.00 The
Simpsons 8.30 The
Simpsons 9.00 Battlestar
Galactica 10.00 Lost 11.00
The Dresden Files 12.00
Bones 1.00 Lost 1.50 Lost
2.40 Stargate Atlantis 3.30
Airline 3.55 Airline 4.20
Dream Team 5.10 Guilty!

UKTV Gold

1.00 Keeping Up
Appearances 1.40 Last of
the Summer Wine 2.20 Open
All Hours 3.00 My Family
3.40 dinnerladies 4.20
Keeping Up Appearances
5.00 Last of the Summer
Wine 5.40 Open All Hours
6.20 My Family 7.00 Only
Fools and Horses 7.40
dinnerladies 8.20 The Thin
Blue Line 9.00 My Family
10.05 Only Fools and Horses
10.45 The Two Ronnies
11.45 The Royle Family
12.35 My Family 1.40
Fantasy Island 3.15
EastEnders 3.45 EastEnders
4.15 EastEnders 4.45
EastEnders 5.15 Neighbours
5.35 Neighbours

TCM

1.00 The Cazalets 3.00 The
Big Sleep PG (1946) 5.05
Betrayed U. (1954) 7.00
Where the Spies Are PG
(1965) 9.00 Rio Bravo U.
(1959) 11.35 Classic Shorts
2007 11.40 Classic Shorts
2007 12.00 Savage Messiah
18 (1972) 1.40 36 Hours PG
(1964) 3.35 Murder, She
Said U (1961) 5.00 The Hard
Way U (1942)
The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.10 Booky Makes Her Mark U
(2006) 7.45 Holy Matrimony PG
(1994) 9.25 In the Line of Duty:
Siege at Marion PG (1992) 11.05
Lackawanna Blues 12 (2005) With
Marcus Franklin. 12.50 The Top
10 Show 1.10 Casino Royale 12
(2006) With Daniel Craig. 3.40
What's Bugging Seth? 12 (2005)
With Ross Thomas. 5.30 35MM
6.00 ATL 12 (2006) With Tip
Harris. 8.00 Casino Royale 12
(2006) With Daniel Craig. 10.30
Notes on a Scandal 15 (2006)
With Judi Dench. 12.10 Hustle
and Flow 15 (2005) With Terrence
Howard. 2.15 A Separate Peace
12 (2004) With J. Barton. 4.00 The
Oxford Murders Close Up 4.30
Booky Makes Her Mark U (2006)

Sky Movies Comedy

6.20 The Pirates of Penzance U
(1982) 8.20 Comedy Close Up
8.50 Father of the Bride PG
(1991) 10.40 Music and Lyrics
PG (2007) 12.30 The
Benchmarkers 12 (2006) With
Rob Schneider. 2.00 35MM 2.30
To Wong Foo, Thanks for
Everything! Julie Newmar PG
(1995) With Patrick Swayze. 4.20
Rookie of the Year PG (1993)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 Big League
Weekend 10.30 Football
Special 12.00 Big League
Weekend 1.30 Soccer AM:
The Best Bits 2.30 Football
Special 4.00 Soccer AM:
The Best Bits 5.00 NFL:
Total Access 6.00 Football
Asia 6.30 Revista De La
Liga 7.30 Live Speedway
Isle of Wight Islanders V
Berwick Bandits. 9.30
Football Asia 10.00 Revista
De La Liga 11.00 NFL: Total
Access 12.00 Football Asia
12.30 Speedway 2.30
Revista De La Liga 3.30
World Motor Sport 4.30
Revista De La Liga 5.30
Close

Sky Sports 2

6.00 Aerobics Oz Style
6.30 Sports Adventure 7.00
WWE: Afterburn 8.00
Soccer AM: The Best Bits
9.00 Sports Adventure 9.30
World Motor Sport 12.00
Live Masters Tennis. The
Rome Masters. 9.30 Motor
Racing 10.00 Poker 12.00
Sports Unlimited 1.00 Pool
2.00 Close

Sky Sports 3

9.00 Speedway 11.00
Aerobics Oz Style 11.30
Racing News 12.00
Volleyball 1.00 NFL: Total
Access 2.00 Sports
Adventure 2.30 Wild Spirits
3.00 Volleyball 4.00 Bass
Fishing 5.00 WWE:
Smackdown 7.00 Karate
8.00 Ladies European Tour

Golf 9.00 Volleyball 10.00
Sports Unlimited 11.00
Pool 12.00 Volleyball 1.00
NFL: Total Access 2.00
Close

British Eurosport

7.30 Road to Euro 2008
7.45 UEFA Under-17s
Championship 8.45 UEFA
Under-17s Championship
9.45 Eurogoals 10.30 Road
to Euro 2008 10.45 World
Superbikes 11.45 MotoGP
12.45 Live WTA Tennis. The
German Open. 5.00
Eurogoals 5.15 Live WTA
Tennis. The German Open.
6.00 WATTS 6.30 Road to
Euro 2008 6.45 Boxing 8.00
Live Boxing. Ali Chebah V
S a e n g s a k d a
Charoenkasem. 10.00
MotoGP 11.30 Road to Euro
2008 11.45 Eurogoals 12.30
Close

Sky Sports Xtra

12.30 Speedway 2.30 World
Motor Sport 5.00 Volleyball
6.00 Sports Adventure 6.30
Sports Unlimited 7.30
Motor Racing 8.00 Pool 9.00
Karate 10.00 Ladies
European Tour Golf 11.00
Sports Adventure 11.30
Motor Racing 12.00 Karate
1.00 Sports Adventure 1.30
Motor Racing 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 The BBC News at One; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Watch My Chops. (R) (T) 4.00 Thumb Wrestling Federation: TWFF. (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.10 Young Dracula. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure in another round of the general knowledge contest, where teamwork goes head to head with greed. (T)

6.00 The BBC News at Six; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30

Street Doctor. The GPs treat members of the public in the Lake District. Barbara makes a former contortionist who has trouble with his knees, Jonty is called by a worried mother to tend her three-year-old son and Ayan helps the captain of a steam gondola. Meanwhile, George starts a surgery at 2,000 feet on the Via Ferrata. Last in series. (T) BBC News; Regional News. (T)

8.00 Child of Our Time. New series. The struggle of the children, who are now eight-year-olds, to make sense of gender roles as their parents strive for equality. Professor Robert Winston presents. (T)

9.00 The Apprentice. The candidates set off on a two-day business trip to Marrakesh, where they are challenged to find the best deals possible when buying 10 items in the city's markets. The budding entrepreneurs race against time and tempers flare as the deadline approaches. Margaret Mountford and Nick Hewer report back to Alan Sugar, who will cross-examine the two teams before dismissing another contestant. (T)

10.00 The BBC News at Ten. (T)

10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

10.40 Comedy Sketchbook. Angus Deayton presents more memorable clips, including sketches from Not Only But Also, more recent comedy by Mitchell and Webb and footage of a solo Ronnie Barker. Also featured are acts including French and Saunders, Reeves and Mortimer and Alexei Sayle, plus highlights of Goodness Gracious Me, Naked Video and Man Stroke Woman. (T) National Lottery Update.

11.30 FILM: Deathtrap (1982). Comedy thriller, starring Michael Caine. (T) Weatherview. (T)

1.25 Sign Zone: Seaside Rescue. (R) (T) 1.55 Sign Zone: Meet the Immigrants. (R) (T) 2.25 Sign Zone: An Island Parish. (R) (T) 2.55 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 3.25 Sign Zone: Animal 24/7. (R) (T) 4.10 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Pobble. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (T) The Owl. (R) (T) 8.29 CBeebies: CBeebies Birthdays. (T) 8.30 Jackanory Junior. (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Bunnies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 A Picture of Britain. (R) (T) 11.30 The Daily Politics. (T) 1.00 See Hear. (T) 1.30 Working Lunch. (T) 2.00 Animal Park. (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Mountain. Griff Rhys Jones walks along the UK's highest peaks, beginning in north-west Scotland, where he meets a crofter trying to encourage people back to the Highlands. (R) (T) 8.00 City Salute with Princes William & Harry. Coverage of the event. (T) 9.00 Dan Cruickshank's Adventures in Architecture. Buildings as statements of power. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; Weather. (T) 11.20 Parallel Worlds, Parallel Lives. (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

The British Soap Awards 2008 (ITV1 Granada, 8pm)

Hosted by Fern Britton and Phillip Schofield, this year's ceremony marks the 10th anniversary of the awards show and looks set to be the glitziest yet. It's been a fantastic year in soapland, with some gripping storylines keeping the public on the edge of their seats. Who could forget Laurel and Ashley's baby son Daniel dying in Emmerdale, the Maria-Liam-Carla love triangle in Corrie or Tanya burying Max alive in EastEnders? Last year, Corrie's Kym Ryder won the Best Newcomer gong, and this year's winner could well be one of her co-stars on the Street, with Michelle Keegan (Tina) being a front-runner. All eyes will be on which programme is crowned Best Soap, but there will also be lots of competition in the other categories, as last year Coronation Street bagged seven awards, to EastEnders' one. However, if all that doesn't float your boat, you can always keep yourself busy checking out what each star is wearing as they stroll down the red carpet. Last year Lacey Turner (Stacey in EastEnders) turned heads by shunning the designers to steal the show in a reasonably priced frock bought in a High-Street shop.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 Sweet Sixteen; (R) (T) Before and After. (R) (T) 10.00 Sweet Sixteen; (R) (T) Before and After. (R) (T) 10.30 The Big Squeeze; (R) (T) Before and After. (R) (T) 11.05 Young Black Farmers; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.35 Channel 4 Racing from Chester. Including the 2.45 tatespot.com Chester Cup (H'cap) (2m 2f 147yds). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Grand Designs Today. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Britain Recut. Reinterpreting public information films. (T) 8.00 Property Ladder. Sarah Beeny revisits developer Talat Mukhtar, whose progress the programme has been following for six years, and worries he has overstretched himself. (T) 9.00 Grand Designs Live. Kevin McClood attempts to build his own sustainable home. (T) 10.00 Desperate Housewives. Lynette no longer wants her mother around. (T) 11.05 Amy Winehouse: What Really Happened. (R) (T) 12.10 4Music: What About Me? (T) 12.40 4Music: The Green Room. (R) (T) 1.10 Bremner, Bird and Fortune. (R) (T) 2.10 Dupe. (R) (T) 2.20 Stargate SG-1. (R) (T) 3.10 Stargate SG-1. (R) (T) 3.55 Chicken Wire. (R) (T) 4.05 St Elsewhere. (R) 5.00 A Brief History of Fun. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 My First. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.45 The Mr Men Show. (R) (T) 7.55 Make Way for Noddy. (R) (T) 8.10 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.45 Look! (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Breaking into Tesco. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Week-end Breaks. (R) (T) 3.05 five news update. (T) 3.10 FILM: The Brooke Ellison Story (2004). Fact-based drama, starring Lacey Chabert. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 It Pays to Watch. Saving money on food. (T) 7.30 five news update. (T) 8.00 Monster Moves. Relocating homes in Seattle and Texas. Last in series. (T) 8.00 five news at 9. 9.00 Al Capone and the Untouchables: The True Story. The truth behind Eliot Ness's crusade to topple the Mafia. (T) 10.00 World's Toughest Prisons. The lives of inmates at two notorious prisons. (T) 11.05 Outlaw Bikers. (T) 12.05 Poker. 1.35 Major League Baseball. 4.20 World Supercross Championship. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Hilary decides to leave the village after Laurel assures her she doesn't want baby Arthur in her life, even though he's her biological son. Gennie and her mother bump into a drunken Shadrach, and Chas asks Nicola to cover her job at the vets' while she is away. (T) 7.30 Coronation Street. Maria and Liam finally discuss the funeral, but her worst fears seem to be realised when she sees him heading straight into Carla's arms. Gail resolves to get to the bottom of Audrey's meetings with Ted and decides to contact him. A determined Claire keeps up the pressure on Ashley. (T)

8.00 The British Soap Awards 2008. The stars of Coronation Street, Doctors, Emmerdale, EastEnders and Hollyoaks turn out in force as Phillip Schofield and Fern Britton host the 10th annual ceremony honouring television's most popular kitchen-sink dramas. There's everything to play for as 17 awards are announced, including Sexiest Male and Female, Best Actor and Actress and the ultimate accolade - Best British Soap. (T)

10.00 News at Ten and Weather; Weather. (T)

10.35 Dexter. Doakes realises Dexter has been lying about the Ice Truck Killer case and becomes increasingly suspicious of his motives. Matthews makes Laguertha the scapegoat for the department's failure to make an arrest, and has her replaced. Michael C Hall stars. (T)

11.45 Teenage Kicks. Vernon gets another stab at stardom when he appears in the sad losers line-up on Never Mind the Buzzcocks and a meeting with an old student friend leads to an invitation to join his band. This time nothing can hold him back - except the need for a new sound system and a van. Adrian Edmondson stars. (R) (T)

12.15 Nightwatch with Steve Scott: Crime. (R) (T) 1.05 Quincy ME. (R) (T) ITV News Headlines. 2.00 Loose Women. (R) 2.50 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen. (T)

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 2000
News 2330 Absolon, film
0115 Something the Lord
Made, film 0400 Teleales
0605 Nós

RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra ao Mar 1615 National
Geographic 1700 Zig Zag
1830 A Fé dos Homens 1900
Biosfera 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Bastidores 0315 Biosfera
0400 Sociedade Civil 0500
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1500 Eterna
Magia 1530 Contacto 1800
Sete Pecados 1900 A Ganhar
é que A Gente se Entende
2000 News 2215 Duas Caras
2230 Film TBA 0030 CSI Miami
0130 Rescue Me 0230
Quando O telefone Toca

TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Que Quer Ganha 1800
Morangos com Açúcar -
Férias de Verão 2000 News
2115 Ilha dos Amores 2215
Doce Fugitiva 2315 Tu e Eu
0015 Film TBA 0230 Toca a
Ganhar 0345 TVI Negócios
0400 O Portector IV 0500
Teleales

Best of the Rest

BBC3
7.00 HOLBY City 8.00 Glamour
Girls 8.30 The Real Hustle 9.00
Two Pints of Lager and a Packet
of Crisps 9.30 Ideal 10.00 Film:
Dracula 2000 15 (2000) 11.35
American Dad! 12.00 American
Dad! 12.20 Two Pints of Lager
and a Packet of Crisps 12.50
Ideal 1.20 Bizarre ER 1.50 The
Wall 2.35 Glamour Girls 3.05 The
Real Hustle 3.35 Spendaholics
4.35 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the Sixties
7.35 Batman 8.00 Young
Musician of the Year 9.00
Clarissa and the King's
Cookbook 9.30 Illuminations:
Treasures of the Middle Ages
10.00 My Secret Agent Auntie:
Storyville 11.00 A Tudor Feast at
Christmas 12.00 Clarissa and
the King's Cookbook 12.30
Illuminations: Treasures of the
Middle Ages 1.00 Young
Musician of the Year 2.00 My
Secret Agent Auntie: Storyville
3.00 Clarissa and the King's
Cookbook 3.30 Illuminations:
Treasures of the Middle Ages
4.00 Close

ITV2
1.00 Airline USA 1.30 The Jeremy
Kyle Show 2.35 The Jeremy Kyle
Show 3.40 Ricki Lake 4.30 Sally
Jessy Raphael 5.20 Judge Judy
6.45 Smallville 7.45 Film: Bird on
a Wire 15 (1990) 10.00 The British
Soap Awards 2008: The Party
11.25 Coronation Street 11.55
Benidorm 12.30 Benidorm 12.55
Comedy Cuts 1.20 Teleshopping
4.20 ITV2 Nightscreen

Sky One
1.00 Cold Case 2.00 Bones 3.00
Stargate SG-1 4.00 Stargate SG-
1 5.00 Futurama 5.30 Futurama

6.00 Futurama 6.30 Malcolm in
the Middle 7.00 The Simpsons
7.30 The Simpsons 8.00 The
Simpsons 8.30 The Simpsons
9.00 Gladiators Ready! The
Gladiators Story 10.00 Film:
GoodFellas 18 (1990) 12.40 Road
Wars 1.10 Cold Case 2.00 Lost
2.55 Lost 3.50 Airline 4.15
Stargate Atlantis 5.10 Gullyt!

UKTV Gold
1.00 Keeping Up Appearances
1.40 Open at the Summer Wine
2.20 Open All Hours 3.00 My
Family 3.40 dinnerladies 4.20
Keeping Up Appearances 5.00
Last of the Summer Wine 5.40
Open All Hours 6.20 My Family
7.00 Only Fools and Horses 7.40
dinnerladies 8.20 The Thin Blue
Line 9.00 Jonathan Creek 10.10
Only Fools and Horses 11.10
Only Fools and Horses 1.05 Only
Fools and Horses 1.45 Jonathan
Creek 2.45 Fantasy Island 3.35
Murder, She Wrote 4.20 Murder
She Wrote 5.05 EastEnders 5.35
Neighbours

TCM
1.00 The Cazalets 3.00 Our
Mother's House PG (1967) 4.55
Take the High Ground PG (1953)
6.50 The 25th Hour PG (1967)
9.00 Beetlejuice 15 (1988) 10.40
Wise Guys 15 (1986) 12.20
Freaks 15 (1932) 1.30 Ransom
PG (1956) 3.25 Children of the
Damned 15 (1964) 5.00 The
Prizefighter and the Lady U
(1933)

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MOVIES

Sky Movies Drama

6.05 Christmas on Chestnut
Street. (2006) 7.40 Ice Bound
PG (2003) 9.20 Desperate
Justice PG (1993) 11.00 Marilyn
Hotchkiss Ballroom Dancing and
Champ School 12 (2005) With
Robert Carlyle. 1.00 Columbo
Cries Wolf PG (1990) With Peter
Falk. 2.40 Between Love and
Honor PG (1995) With Grant
Show. 4.20 A Cry in the Dark 15
(1988) With Meryl Streep. 6.25
Love Letters PG (1999) With
Laura Linney. 8.00 Alfie 15 (1966)
With Michael Caine. 10.00 Zulu
PG (1964) With Michael Caine.
12.20 Proof 12 (2005) With
Gwyneth Paltrow. 2.05 Lost
Behind Bars 15 (2006) With
Paget Brewster. 3.35
Prefontaine 15 (1997) 5.25 Ice
Bound PG (2003)

Sky Movies Comedy
6.15 Underfunded 12 (2006) 7.45
Carolina PG (2003) 9.30 Comedy
Close Up 10.00 Teenage Mutant
Ninja Turtles II: The Secret of the
Ooze PG (1991) 11.30 Bring
It On: All or Nothing 12 (2006)
With Hayden Panettiere. 1.15
The Top 10 Show 1.30 Fun with
Dick and Jane 12 (2005) With
Jim Carrey. 3.05 Nacho Libre 12

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 Revista De La
Liga 10.00 Speedway 12.00
Revista De La Liga 1.00
Football Asia 1.30 Ladies
European Tour Golf 2.30
Speedway 4.30 Football
Asia 5.00 NFL: Total Access
6.00 Boots 'n' All 7.00
Transworld Sport 8.00 FIFA
Futbol Mundial 8.30 Live
Spanish Football. Real
Madrid v Barcelona (Kick-
off 9.00pm). 11.00 You're
on Sky Sports! 12.30 FIFA
Futbol Mundial 1.00 Spanish
Football 2.30 Total Rugby
3.00 Boots 'n' All 4.00 FIFA
Futbol Mundial 4.30 You're
on Sky Sports!

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00
WWE: Heat 8.00 Sports
Unlimited 9.00 Sports
Adventure 9.30 Motor
Racing 10.00 Poker 12.00
Live Masters Tennis. The
Rome Masters. 9.30 Total
Rugby 10.00 Boots 'n' All
11.00 NFL: Total Access
12.00 Boots 'n' All 1.00
Martial Arts 3.00 Poker 5.00
Sports Unlimited

Sky Sports 3

7.00 Karate 8.00 Pool 9.00
PGA EuroPro Tour Golf
11.00 Aerobics Oz Style
11.30 Racing News 12.00
Volleyball 1.00 NFL: Total
Access 2.00 Poker 4.00
Pool 5.00 WWE: Bottom Line
6.00 WWE: Afterburn 7.00
Total Rugby 7.30 European

Tour Weekly 8.00 Boots 'n'
All 9.00 Martial Arts 11.00
Watersports World 12.00
Volleyball 1.00 PGA EuroPro
Tour Golf 3.00 European
Tour Weekly 4.00 Close

British Eurosport

7.30 WATTS 7.45 Eurogoals
8.30 Road to Euro 2008 8.45
Road to Euro 2008 9.15
 MotoGP 10.15 WTA Tennis
11.00 Live WTA Tennis. The
German Open. 3.00 Live
UEFA Under-17s
Championship. Turkey v
Scotland (Kick-off 3.00pm).
4.45 Eurogoals 5.00 WTA
Tennis 6.00 Live UEFA
Under-17s Championship.
France v Spain (Kick-off
6.00pm). 7.45 Wednesday
Selection 7.55 Show
Jumping 8.55 Riders Club
9.00 US Tour Golf 10.00
European Tour Golf 10.30
Golf Club 10.35 Yacht Club
10.40 Wednesday Selection
10.45 Olympic Magazine
11.15 UEFA Under-17s
Championship 12.30 Close

Sky Sports Xtra

12.30 Motor Racing 1.00
Pool 2.00 PGA EuroPro Tour
Golf 4.00 Ladies European
Tour Golf 5.00 Volleyball
6.00 FIFA Futbol Mundial
6.30 Irish Greyhound Racing
7.00 Volleyball 8.00 PGA
EuroPro Tour Golf 10.00
Volleyball 11.00 Sports
Adventure 11.30 European
Tour Weekly 12.00 Max
Power 1.00 Sports
Adventure 1.30 Irish
Greyhound Racing 2.00
Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 The BBC News at One; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Watch My Chops; (R) (T) Thumb Wrestling Federation: TWf. (R) (T) 4.05 Stake Out. (R) (T) 4.35 Hider in the House. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (R) (T)

6.00 The BBC News at Six; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Lucy is faced with a difficult decision when confronted by Ian as she prepares to board the train. Ricky's hopes are dashed just as he thinks he's getting closer to Bianca, and Bradley believes he's acting the hero when Clare convinces him to accompany her on a robbery. Rox's guilt makes her ill; (T) BBC News; Regional News. (T)

8.00 HolbyBlue. Scott organises a raid on a brothel in an attempt to bring down Holby's most wanted pimp and drug dealer, Toby Wilson. Meanwhile, Lucy discovers a connection between the case of a missing girl and a young woman brought in for possession of drugs, and Jenny has a pregnancy scare, prompting her to make a difficult decision. Oliver Milburn and Kacey Ainsworth star. (T)

9.00 The Invisibles. The crooks are shocked when a copper from their past moves into the flat downstairs from them, and Maurice tries frantically to keep him away from his daughter who knows nothing of her dad's criminal past. This turns out to be the least of their problems as the policeman blackmails the pair into doing a job for him. David Bradley guest stars, with Anthony Head and Warren Clarke. (T)

10.00 The BBC News at Ten. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weather. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Johnny's New Kingdom. (R) (T) 1.25 Sign Zone: The Twenties in Colour: The Wonderful World of Albert Kahn. (R) (T) 1.55 Sign Zone: Ben Fogle's Extreme Dreams. (R) (T) 2.25 Sign Zone: Bill Oddie's Wild Side. (R) (T) 2.55 Sign Zone: Animal 24/7. (R) (T) 3.40 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Pozzie. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround. (T) 7.30 Hider in the House; (R) (T) The Owl. (R) (T) 8.29 CBeebies: CBeebies Birthdays. (T) 8.30 Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special; (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Megamaths. (T) 11.10 Primary Geography. (T) 11.30 KS1 Science Clips. (T) 11.40 KS1 Science Clips. (T) 11.50 Hands Up! (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Epgheads. (T) 6.30 Great British Menu. (T) 7.00 Rick Stein's French Odyssey. The banks of the River Garonne. (R) (T) 7.30 Women in Black. New series. In the first of five episodes offering insight into the lives of Muslim women, Amani Zain travels to her family home in Yemen and undergoes a traditional makeover. (T) 8.00 Living the Dream Revisited. A bar-restaurant in Portugal. (T) 9.00 Heroes. Suresh finds an undiscovered Isaac Mendez painting. (T) 9.45 Heroes Unmasked. Behind the scenes with the Bennet family. (T) 10.00 The Graham Norton Show. With Jimmy Carr and Minnie Driver. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 Two Pints of Lager and a Packet of Crisps. (T) 11.50 Malcolm in the Middle. (R) (T) 12.12 Malcolm in the Middle. (R) (T) 12.35 BBC News. (T) 3.40 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Midnight Man (ITV1 Granada, 9pm)

James Nesbitt is one of TV's most popular stars, able to attract huge audiences whether playing jocular charmers or troubled and dark souls. In this excellent new series, he gets a chance to show his full range with a multi-layered role he was tailor-made for. He plays Max Raban, who was once a successful investigative journalist but is now reduced to raking through bins for cheap celebrity stories after being publicly and professionally disgraced. His past has left him a broken man; he is unable to face daylight, has temporarily split from his wife Carolyn (Zara Turner) and has little contact with his eight-year-old daughter Martha. Any information he uncovers during his nightly trawl he sells to friend and tabloid editor Jimmy (Ian Puleston-Davies), as he is desperate to revive his ailing career. So when he accidentally discovers evidence linked to the recent murder of Iranian Majid Danush (Christopher Jefferies), he thinks he is onto a lucrative story about international cover-up. However, with his track record as an occasionally unreliable conspiracy theorist, will any one believe him? Max goes looking for hard evidence, but it seems that someone wants him out of the way and will stop at nothing to silence him.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 8.55 Will & Grace. (R) (T) 9.30 Sweet Sixteen; (R) (T) Before and After. (R) (T) 10.00 Sweet Sixteen; (R) (T) Before and After. (R) (T) 10.30 The Big Squeeze; (R) (T) Before and After. (R) (T) 11.05 Young Black Farmers; (R) (T) Tate Modern. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.35 Channel 4 Racing from Chester and Goodwood. Including the 2.45 Bank of America Chester Vase (1m 47 60yds). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Grand Designs Today. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Britain Recut. Reinterpreting public information films. Last in series. (T) 8.00 Come Dine with Me. Contestants from Newport attempt to outdo each other. (T) 9.00 Grand Designs Live. Kevin McCloud attempts to build his own sustainable home. (T) 10.00 My Name Is Earl. Part one of two. Randy, Earl and the prisoners watch an old episode of Cops filmed in Camden County on the first Independence day following 9/11. Jason Lee and Ethan Suplee star. (T) 10.30 The Big Bang Theory. (T) 11.00 Derren Brown: Trick or Treat. (R) (T) 11.35 Peep Show. (R) (T) 12.05 4Music: Gnarls Barkley: Video Exclusive. (T) 12.15 4Music: NME Big Gig: Bloc Party. (T) 12.45 4Music: Rockfeedback. Presents: The Camden Crawl. 1.15 The Law of the Playground. (R) (T) 1.40 King of the Hill. (R) (T) 2.10 King of the Hill. (R) (T) 2.35 FILM: Five Corners (1987). Drama, starring Jodie Foster. (T) 4.15 St Elsewhere. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 My First. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Breaking into Tesco. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Islands. (T) 3.05 The Family Recipe. (T) 3.15 FILM: The King and Queen of Moonlight Bay (2003). Drama, starring Tim Matheson. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide to Off the Beaten Track. Holidays away from the tourist trail in Belize, Spain and Fiji; (T) 7.30 five news update. (T) 8.00 I Own Britain's Best Home. Homes in Devon, Tunbridge Wells and the Midlands; (T) 8.00 five news at 9. 9.00 House. A magician suffers a heart attack during a dangerous stunt. (T) 10.00 Grey's Anatomy. Derek and Addison make an attempt at being civil with each other, and George's ailing father requires heart surgery. Patricia Dempsey and Kate Walsh star. (T) 11.00 A Girl's Guide to 21st Century Sex. (R) (T) 11.45 Quiz Club. 4.00 Major League Soccer. 4.20 Dutch Football. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Gennie explains to Paddy that she snubbed Shadrach because her mum wasn't aware she had been in contact with her biological father. Val lets slip to a horrified Laurel that the whole village knows about the baby swap. Donna tells Viv there has been no news of Freddie's whereabouts. (T)
7.30 Disappearing London. Suggs continues his search for the people that give the capital its charm, including one of the last rag-and-bone men and a traditional hatter from Jermyn Street. He also assesses reasons behind the decline in London's old-style Italian coffee houses. (R) (T)

8.00 The Bill. The Sun Hill team struggle to come to terms with Emma's death and Callum's guilty feelings lead to a fight with Smithy, while Sally can only weep after arresting chief suspect Carl Adams. DI Karen Lacy (Liz May Brice) takes over the case for the Counter Terrorism Unit and Kezia is sent with Mickey to search the bomb-maker's home, only to find she has walked into a booby trap. (T)
9.00 Midnight Man. New series. James Nesbitt stars as investigative journalist Max Raban, whose fear of daylight has reduced him to sifting through celebrities' bins at the dead of night in the hope of finding a scoop. During one of his nocturnal foraging expeditions, he uncovers evidence of what seems to be an international conspiracy - but has trouble making anyone believe him. With Catherine McCormack. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 The Baron. With Malcolm McLaren exiled, his fellow competitors Suzanne Shaw and Mike Reid remain shell-shocked as the people of Gardenstown go to the polls to elect the Baron. Last in series. (T)
11.35 Tarrant on TV. Chris Tarrant presents a tongue-in-cheek overview of global television. (R) (T)
12.05 Motorsport UK. 12.35 Nightwatch with Steve Scott; Emergency; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen. (T)

LOCAL

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Prova de Amor
1515 Portugal no Coração
1800 Portugal em Directo
0015 Chasing Liberty, film
0415 Teleales 0605 Nôs
RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour
1400 Sociedade Civil 1530 Da Terra Ao Mar
1600 Natioal Geographic 1715 Zig Zag
1830 A Fé dos Homens
1900 Iniciativa 2115 National Geographic
2200 News 2240 Sobrenatural
2330 Balanço & Contas
0030 Noites 2 0115 Universidades 0145 Discovery Hour
0245 Initiative 0400 Sociedade Civil 0530 Euronews
SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto
1600 Film TBA 1800 Film TBA
2000 News 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York
0115 CSI Las Vegas 0215 Film TBA
TVI
0700 Diário Da Manhã 1000 Você na TV
1300 News 1400 Tarde de Julho 1700 Quem Quer Ganhar 1800 Morangos Com Açúcar 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu
0100 Escritório 0200 Cartaz das Artes 0230 Film TBA 0445 Teleales

Best of the Rest

BBC3
7.00 Spendaholics 8.00 Blood, Sweat and T-Shirts
9.00 Page Three Teens
10.00 EastEnders 10.30 Heroes
11.10 Family Guy 11.55 Blood, Sweat and T-Shirts
12.50 Page Three Teens 1.50 Spendaholics 2.50 Sex - with Mum and Dad
3.45 Dog Borstal 4.15 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 In Search of Medieval Britain 8.00 Young Musician of the Year 9.00 Inside the Medieval Mind
10.00 Crusades 10.50 Mad Men 11.35 Chinese School 12.35 Inside the Medieval Mind 1.35 Young Musician of the Year 2.35 In Search of Medieval Britain 3.05 Inside the Medieval Mind 4.05 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Jude Judy 7.00 Smallville 8.00 Too Fat to Tiddle 9.00 American Idol 10.00 Gossip Girl 11.00 Entourage 11.30 The Office: An American Workplace 12.00 Film: Ali G Indahouse 15 (2002) 1.40 Entourage 2.20 The Office: An American Workplace 2.45 Teleshopping 5.45 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Bones 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama

6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Bones 10.00 Cold Case 11.00 Road Wars 12.00 Alien vs Predator 12.30 Bones 1.30 Lost 2.20 Lost 3.10 Stargate Atlantis 4.00 Bite Size Brainiac 4.20 Dream Team 5.10 Guilty!
UKTV Gold
1.00 Keeping Up Appearances 1.40 Last of the Summer Wine 2.20 The Good Life 3.00 My Family 3.40 Some Mothers Do 'Ave 'Em 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 The Good Life 6.20 My Family 7.00 Porridge 7.55 Only Fools and Horses 11.00 Porridge 11.55 Friday Night with Jonathan Ross 1.00 Friday Night with Jonathan Ross 2.15 Fantasy Island 3.05 Fantasy Island 3.55 Close Up 4.05 Murder, She Wrote 4.50 Murder, She Wrote 5.35 Neighbours
TCM
1.00 A Tale of Two Cities 3.00 The Yellow Rolls-Royce PG (1964) 5.10 Les Girls PG (1957) 7.10 Hearts of the West PG (1975) 9.00 Pale Rider 15 (1985) 11.05 The Hunger 18 (1983) 12.50 Alex in Wonderland 15 (1970) 2.50 Uncertain Glory PG (1944) 5.00 Three Strangers PG (1946)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.00 A Marriage of Convenience PG (1998) 8.40 Desperate Rescue 12 (1992) 10.20 Amistad 15 (1997) 1.00 Rest in Peace, Mrs Colombo PG (1990) With Peter Falk. 2.40 A Time to Decide PG (2000) With Patty Duke. 4.20 Walkout 12 (2006) With Alexa Vega. 6.20 Amber Frey: Witness for the Prosecution PG (2005) With Janel Moloney. 8.00 The Seven Per Cent Solution 15 (1976) With Nicol Williamson. 10.00 Marathon Man 18 (1976) With Dustin Hoffman. 12.10 Friends with Money 15 (2006) With Jennifer Aniston. 1.45 Boxcar Bertha 18 (1972) With Barbara Hershey. 3.20 School Daze 18 (1988) 5.25 A Marriage of Convenience PG (1998)

Sky Movies Comedy

6.15 Project: ALF PG (1996) 7.55 The Duke U (1999) 9.25 Shogpirl 15 (2005) 11.15 Teenage Mutant Ninja Turtles III PG (1992) With Elias Koteas. 12.55 The Top 10 Show 1.10 Groundhog Day PG (1993) With Bill Murray. 2.55 The History of the World Part One 15 (1981) With Mel Brooks. 4.40 Teenage

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Mutant Ninja Turtles III PG (1992) With Elias Koteas. 6.20 Just Like Heaven PG (2005) With Reese Witherspoon. 8.00 Groundhog Day PG (1993) With Bill Murray. 9.45 For Your Consideration 12 (2006) With Christopher Guest. 11.15 Just Like Heaven PG (2005) With Reese Witherspoon. 12.55 Shogpirl 15 (2005) With Claire Danes. 2.45 The History of the World Part One 15 (1981) With Mel Brooks. 4.25 The Duke U (1999)

Sky Movies Action

6.55 The Ice Harvest 15 (2005) 8.40 The Top 10 Show 9.00 Next of Kin 15 (1989) 11.00 The Da Vinci Code 12 (2006) With Tom Hanks. 1.30 Determination of Death 15 (2000) With Marc Singer. 3.20 The Ice Harvest 15 (2005) With John Cusack. 4.55 Batman and Robin PG (1997) With George Clooney. 7.00 Next of Kin 15 (1989) With Patrick Swayze. 9.00 The Da Vinci Code 12 (2006) With Tom Hanks. 11.30 Inferno 18 (1999) With Jean-Claude Van Damme. 1.10 The Young Americans 18 (1993) With Harvey Keitel. 3.05 Body Count 18 (1998) 4.45 Batman and Robin PG (1997)

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Spanish Football 10.30 Live European Tour Golf. The Italian Open. 12.30 FIFA Futbol Mundial 1.00 Spanish Football 2.30 Live Cricket. Sussex Sharks v Surrey Brown Caps. 10.00 Premier League World 10.30 Premier League World 12.30 Golf Night 3.00 Race World 4.00 The Rugby Club 5.30 Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Experience 8.00 Watersports World 9.00 Sports Adventure 9.30 Total Rugby 10.00 Boots 'n' All 11.00 Transworld Sport 12.00 Irish Greyhound Racing 12.30 Total Rugby 1.00 NFL: Total Access 2.00 Boots 'n' All 3.00 FIFA Futbol Mundial 3.30 Live European Tour Golf. The Italian Open. 5.30 The Rugby Club 7.00 Premier League World 7.30 Golf Night 10.00 Live Poker. Coverage of the online Sky Poker Five-0 tournament. 12.00 NFL: Total Access 1.00 The Dogs 1.30 Poker 3.30 Close

Sky Sports 3

9.00 European Tour Weekly 9.30 Irish

Greyhound Racing 10.00 Bass Fishing 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Live European Tour Golf. The Italian Open. 3.00 Watersports World 4.00 Boots 'n' All 5.00 WWE: Total Access 7.00 IAAF Athletix Weekly 7.30 The Dogs 8.00 The Rugby Club 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 IAAF Athletix Weekly 1.00 The Rugby Club 2.30 Close

British Eurosport

7.30 Olympic Magazine 8.00 UEFA Under-17s Championship 9.00 UEFA Under-17s Championship 10.00 WTA Tennis 11.00 Live WTA Tennis. The German Open. 5.00 Eurogoals 5.15 Live WTA Tennis. The German Open. 6.00 UEFA Champions League Classics 7.00 UEFA Champions League Classics 8.00 Boxing 10.00 MotoGP 12.00 Trial Bikes 12.30 Close

Sky Sports Xtra

12.00 Live Masters Tennis. The Rome Masters. 9.30 ATP Tennis 10.00 IAAF Athletix Weekly 10.30 ATP Tennis 11.00 Sports Adventure 11.30 The Dogs 12.00 Race World 1.00 Sports Adventure 1.30 ATP Tennis 2.00 Close

Everything in English



707
500
600

BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 The BBC News at One; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Doctors. (T) 2.10 Out of the Blue. (T) 2.35 Real Rescues. (R) (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Watch My Chops. (R) (T) 4.00 Thumb Wrestling Federation: TWFF. (R) (T) Thumb Wrestling Federation: TWFF. (R) (T) 4.10 The Basil Brush Show. (R) (T) 4.35 The Slammer. (T) 5.00 Newsworld. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, eliminating the poorest players as they go. (T)

6.00 The BBC News at Six; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 After You're Gone. Diana and the children return from a trip to Africa to find the house in a state and evidence that Siobhan's been staying over. Molly is particularly unimpressed but refuses to speak to Jimmy about her feelings, forcing him to read her Internet blog to find out what the problem is. Stcom, starring Nicholas Lyndhurst. (R) (T) BBC News; Regional News. (T)

8.00 EastEnders. Ian is happy to bring Lucy back home, but his errant daughter is not yet ready to open up. Roxy gets more than she bargained for when Ronnie convinces her to get herself checked out. Bradley is confused by Clare's reaction to him, and a distraught Ricky misreads Bianca's signals. (T)

8.30 A Question of Sport. Wales rugby union international Shane Williams, world champion swimmer Liam Tancock and Premier League footballers Kevin Doyle and Jermain Defoe join Sue Barker, Phil Tufnell and Matt Dawson for another round of the quizfire quiz. (T)

9.00 Have I Got News for You. Guest host Bill Bailey asks the questions as team captains Paul Merton and Ian Hislop are joined by panellists including Nick Robinson for the satirical current affairs quiz. (T)

9.30 My Family. (T)

10.00 The BBC News at Ten. (T)

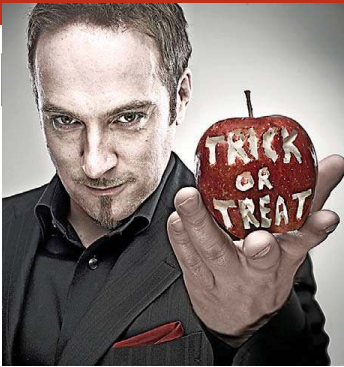
10.25 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The Apprentice's Alan Sugar and Benidorm star Johnny Vegas join the host. Designer and model Jade Jagger also drops in for a chat, while Vampire Weekend provide the music. (T)

11.35 The National Lottery EuroMillions Draw. Sarah Sawood presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Things to Do Before You're 30 (2004). Premiere. Comedy drama, starring Dougray Scott; (T) Weatherwise. (T)

1.20 Sign Zone: Dan Cruickshank's Adventures in Architecture. (R) (T) 2.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 6.55 Pozzie. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsworld. (T) 7.30 Hider in the House. (R) (T) The Owl. (R) (T) 8.29 CBeebies: CBeebies Birthdays. (T) 8.30 Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special. (R) (T) Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: The Magic Key. (T) 10.45 The Way Things Work. (T) 11.00 The Way Things Work. (T) 11.15 Tales from Europe. (T) 11.30 Watch. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (R) (T) 12.30 Working Lunch. (T) 1.30 Animal Park. (R) (T) 2.30 Murder, She Wrote. (R) (T) 3.15 Through the Keyhole. (T) 3.45 Flog It! (R) (T) 4.30 Ready, Steady, Cook. (T) 5.15 Escape to the Country. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Wildlife on Two. The lives of wildebeest. (R) (T) 7.30 The Trees That Made Britain. New series. Exploring the value and beauty of the nation's native trees. (T) 8.00 Gardeners' World. From the Malvern Spring Gardening Show in Worcestershire. (T) 9.00 Across the Andes: Beyond Boundaries. New series. Charting the journey of 10 physically impaired teenagers across the Andes. (T) 10.00 QI. With Jeremy Clarkson, Vic Reeves and Clive Anderson. (R) (T) 10.30 Newsworld. (T) 11.00 Newsworld Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 FILM: Backstage (2000). Documentary following hip-hop stars. (T) 2.00 Star Trek: The Next Generation. (R) (T) 2.45 Star Trek: The Next Generation. (R) (T) 3.30 Malcolm in the Middle. (R) (T) 3.50 Malcolm in the Middle. (R) (T) 4.15 Close.

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Pick of the Day

Derren Brown: Trick or Treat (C4, 10pm)

Illusionist Derren Brown has always courted controversy. There was uproar when he played Russian roulette on national television, but he wasn't put off. "I take it as a signal that I must be doing something right," he confesses. Expect more cries of outrage this week when he demonstrates the power of negative suggestion. He tries to see if 19-year-old Lauren will be able to resist killing a kitten after being told not to, and makes a circus performer fall off the high wire. Newcomers might think Brown's act just involves waving a shiny watch in front of his guests, then getting them to believe what he tells them, but he is quick to point out that's not the case. "You have to realise that hypnosis doesn't exist: it just works on people's natural suggestibility, their expectations and capacity to unconsciously role play. You can't make someone do anything they don't want to do." He also readily admits that while he may appear to be able to read people's minds, talk to ghosts and make things disappear, his real skill is managing to convince people that's what he's doing. Given his popularity with Channel 4 bosses, it seems there's little danger of him doing a vanishing act just yet.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Will & Grace. (R) (T) 9.30 The Search for Cool. (R) (T) Before and After. (R) (T) 10.25 Who Really Runs the World; (R) (T) Before and After and 3 Minute Wonder. (R) (T) 11.25 Mum's Gone Gay. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun: Home or Away. (R) (T) 1.30 Channel 4 Racing from Chester. Including the 2.15 Adleshaw Goddard Dee Stakes (1m 2f). (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Grand Designs Today. (T) 6.00 The Simpsons. (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: The World According To. A nine-year-old speculates on the future of robotics. (R) (T) 8.00 Dirty Sexy Money. Tripp asks Nick to set up a meeting with Simon. (T) 9.00 Grand Designs Live. Final of Kevin McCulloch's six day challenge to build his own home. Last in series. (T) 10.00 Derren Brown: Trick or Treat. Psychological trickster Derren Brown shows the power of negative suggestion when he tells a 19-year-old not to kill a kitten and makes a circus performer falls off a high wire. (T) 10.35 Peep Show. (T) 11.05 Balls of Steel. (R) (T) 11.55 The Big Bang Theory. (R) (T) 12.25 4Music: Love Set Hate Racism '08. (T) 1.25 4Music: JD Set Presents Pull Tiger Tail. (T) 1.40 Afterworld. (T) 2.05 Journey Through the Night. (R) (T) 2.20 Giallissimo. 3.15 Transworld Sport. (R) (T) 4.10 Grudge Match. (R) (T) 4.20 St Elsewhere. (R) 5.05 Grudge Match. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.45 My First. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 The Beeps. (T) 7.20 Rupert Bear. (R) (T) 7.30 Roary the Racing Car. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerets. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Breaking into Tesco. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 The Family Recipe. (T) 3.10 FILM: Treacherous Beauties (1994). Melo-drama starring Emma Samms. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Animal Rescue Squad. Three brown pelicans undergo a health check prior to release into the wild; (T) 7.30 five news update. (T) 8.00 Police Interceptors. New series profiling the work of a high-speed police interception unit; 8.00 five news at 9.00 NCIS. Gibbs is made acting director when Jenny has to attend an overseas conference, but he decides to ignore his duties and investigate the murder of a man found dead in a taxi. (T) 10.00 Shark. Jessica finds herself in trouble. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 4.45 Out of Practice. (R) (T) 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Preço Certo 2000 Teleselec
2100 Contra 2130 Sabe Mais
que um Miúdo de 10 anos?
2230 Sexta, à Noite 0145 Film
TBA 0400 Teleselec

RTP2

0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da
Terra ao Mar 1600 National
Geographic 1700 Zig Zag
1830 A Fé dos Homens 1900
A Alma e a Gente 1945 zig
Zag 2045 Friends 2115
National Geographic 2200
News 2245 O amor no Alasca
2330 Cometary Hour 0030
Noites da 2 0115 Sempre em
Pê 0215 Palco 0330
Sociedade Civil 0500
Eurounews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1400
Film TBA 1545 Film TBA 1730
Fim TBA 1800 Bee Season
film 1900 Ganhar é Que se
Gente Se Entende 2000 News
2115 Chiquititas 2215
Paraíso Tropical 2315
Vingança 0015 CSI Las Vegas
0415 Film TBA

TVI

0700 Diário Da Manhã 1000
Vôcê na TV 1300 News 1400
Mundialito de Futebol de Praia
1700 Quem Quer Ganhar 1715
Morangos com Açúcar -
Férias de Verão 2000 News
2115 Euromilhões 2130 Ilha
dos Amores 2215 Doce
Fugitiva 2330 Tu e Eu 0030
Film TBA

Best of the Rest

BBC3

7.00 Top Gear 8.00 Last Man
Standing 9.00 Doctor Who 9.45
Doctor Who Confidential 10.00
EastEnders 10.30 Two Pints of
Lager and a Packet of Crisps
11.00 Two Pints of Lager and a
Packet of Crisps 11.35
American Dad! 12.00 American
Dad! 12.20 Scallywagga 12.50
Ideal 1.20 Two Pints of Lager
and a Packet of Crisps 1.50
Two Pints of Lager and a Packet
of Crisps 2.20 Glamour Girls
2.50 Blood, Sweat & T-Shirts
3.50 Scallywagga 4.15 Ideal
4.45 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Transatlantic
Sessions 8.00 Young Musician
of the Year 9.00 Fever - The
Music of Peggy Lee 10.00 Kings
of Cool: The Classic Crooners
10.50 The World of Nat King
Cole 12.20 The Avengers 1.10
Young Musician of the Year
2.10 The World of Nat King Cole
3.40 Transatlantic Sessions
4.10 Close

ITV2

1.30 The Jeremy Kyle Show
2.35 The Jeremy Kyle Show
3.40 Ricki Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge Judy
7.00 Smallville 8.00 Britain's
Got Talent 9.00 American Idol
10.00 Film: Ali G Indahouse
12.02 11.45 Coronation Street
12.15 Coronation Street 12.50
Film: In the Line of Fire 15
(1993) 3.00 Teleshopping

Sky One

1.00 Cold Case 2.00 Bones
3.00 Stargate SG-1 4.00
Stargate SG-1 5.00 Futurama
5.30 Futurama 6.00 Futurama
6.30 Malcolm in the Middle 7.00

The Simpsons 7.30 The
Simpsons 8.00 Film: Batman
and Robin PG (1997) 10.25
Gladiators Ready! 10.35
Gladiators Story 11.25 Too
Much Too Young 12.25
Battlestar Galactica 1.25 Road
Wars 2.15 Road Wars 3.05
Stargate Atlantis 3.55 Airline
4.20 Dream Team 5.05 Bite Size
Brainiac 5.10 Guilty!

UKTV Gold

1.00 Keeping Up Appearances
1.40 Last of the Summer Wine
2.20 The Good Life 3.00 My
Family 3.40 Some Mothers Do
'Ave 'Em 4.20 Keeping Up
Appearances 5.00 Last of the
Summer Wine 5.40 The Good
Life 6.20 My Family 7.00 New
Tricks 8.00 Dancing with the
Stars 9.20 Dancing with the
Stars 10.15 Film: Shanghai
Knights 12 (2003) 12.25 New
Tricks 1.25 Some Mothers Do
'Ave 'Em 1.55 As Time Goes By
2.25 Fantasy Island 3.15 Murder,
She Wrote 4.45 EastEnders 5.05
Sorry! 5.15 Neighbours 5.35
Neighbours

TCM

1.00 A Tale of Two Cities 3.00
The Ice Pirates PG (1984) 4.05
The Yearling U (1946) 7.45
Pennies from Heaven 12 (1981)
9.00 Fame 15 (1980) 11.25 Shaft
15 (1971) 1.20 The Wings of
Eagles U (1957) 3.15 Haunted
Honeymoon PG (1940) 5.00
Saragat PG (1937)

The Disney Channel

Kids' programmes from 7am,
except: 6.00 Film: Spy Kids 2:
Island of Lost Dreams U (2002)
Family adventure sequel,
starring Antonio Banderas. 9.30
Film: Cow Belles U (2006)
Disney drama, starring Alyson
and Amanda Michalka.

MOVIES

Sky Movies Drama

7.00 Broken Bridges PG
(2006) 9.00 Here Comes the
Son PG (1996) 10.40
Columbo Undercover PG
(1994) 12.25 The Starter Wife
2.05 Good Night, and Good
Luck PG (2005) With David
Strathairn. 3.45
Pleasantville 12 (1998) With
Tobey Maguire. 6.00 Volcano
12 (1997) With Tommy Lee
Jones. 8.00 The Spy Who
Came in from the Cold PG
(1965) With Richard Burton.
10.00 Look Back in Anger
PG (1958) With Richard
Burton. 11.45 The Substitute
2: School's Out 18 (1998)
With Treat Williams. 1.25
Hardcore 18 (1979) With
McQuade 18 (1983) 12.15
Edison 15 (2005) With
Morgan Freeman. 1.55 Snake
Eyes 15 (1998) With Nicolas
Cage. 3.40 Lone Wolf
McQuade 18 (1983) With
Chuck Norris. 5.30 Billy
Bathgate 15 (1991) With
Dustin Hoffman. 7.20 Edison
15 (2005) With Morgan
Freeman. 9.00 8mm 18 (1999)
With Nicolas Cage. 11.10
Smokin' Aces 18 (2006) With
Jeremy Piven. 1.05 Kiss the
Girls 18 (1997) With Morgan
Freeman. 3.05 Lucky Number
Slewin 18 (2006) 5.00 Young
Ivanhoe PG (1995)

6.55 Young Ivanhoe PG (1995)

6.55 Young Ivanhoe PG (1995)
6.55 Snake Eyes 15 (1998)
10.25 Lone Wolf
McQuade 18 (1983) 12.15
Edison 15 (2005) With
Morgan Freeman. 1.55 Snake
Eyes 15 (1998) With Nicolas
Cage. 3.40 Lone Wolf
McQuade 18 (1983) With
Chuck Norris. 5.30 Billy
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Smokin' Aces 18 (2006) With
Jeremy Piven. 1.05 Kiss the
Girls 18 (1997) With Morgan
Freeman. 3.05 Lucky Number
Slewin 18 (2006) 5.00 Young
Ivanhoe PG (1995)

6.55 Young Ivanhoe PG (1995)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T)
9.25 The Jeremy Kyle Show. (T) 10.30 This
Morning. (T) 12.30 Loose Women. (T) 1.30 ITV
Lunchtime News. (T) 2.00 60 Minute Makeover.
(T) (S) 3.00 Dickinson's Real Deal. (R) (T) 3.59
London Weather. (T) 4.00 Midsomer Murders.
(R) (T)

5.00 Golden Balls. Game show, hosted by
Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Gennie introduces Shadrach
to her mother as her biological father.
Val bars the Dingles from the Woolpack
and Viv creates a wanted poster to help
her find Freddie. (T)

7.30 Coronation Street. Maria is determined
not to make things worse between her-
self and Liam and still refuses to attend
the funeral, but Carla is happy to offer
support to the grieving father. Claire and
Sally get Ashley and Kevin to agree to
the house swap despite their reserva-
tions, and Fizz is worried about Chesney.
(T)

8.00 How Safe Are Your Savings?: Tonight.
(T)

8.30 Coronation Street. Maria and Liam have
an emotional reconciliation at their ba-
by's funeral, leaving Carla out in the
cold. The estate agent gives his
valuations on the Peacocks' and
Websters' houses, but Claire begins to
doubt it's the solution to their financial
problems. Ted contacts a delighted Gail
to arrange a meeting. (T)

9.00 Benidorm. Jack outstays his welcome
and Gavin's mother Dorothy puts in a
brief appearance while the Oracle has a
big date with Telle. Madge and Mel plan
a beach wedding. Margi Clarke guests.
(T)

9.30 Teenage Kicks. Vernon's infantile antics
get on everyone's nerves as he plays his
guitar too loud, cuts David's hair while he
is sleeping and embarrasses Milly in front
of her friends. The final straw comes
when he eats Max's secret chocolate
stash and the kids throw him out. Com-
edy, starring Adrian Edmondson. (T)

10.00 FILM: Payback (1999). Small-time crook
Mel Gibson takes on the might of organ-
ised crime in pursuit of money he is owed
by a double-crossing partner. Violent
thriller, also starring Kris Kristofferson.
Continues after the news. (T)

11.00 The Late News and Weather; Weather. (T)
11.40 FILM: Payback (1999). Concluded. (T)
12.30 Nightwatch with Steve Scott: Crime; (R)
(T) ITV News Headlines. 1.25 FILM: Pink
Cadillac (1989). Comedy adventure, starring
Clint Eastwood. (T) 3.25 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Good Morning Sports
Fans 9.00 Transworld Sport
10.00 Premier League World
10.30 Live European Tour
Golf. The Italian Open. 12.30
Premier League World 1.00
The Rugby Club 2.30
Transworld Sport 3.30 Live
European Tour Golf. The
Italian Open. 5.30 Premier
League World 6.00 Football
League Special 7.00 Premier
League Preview 7.30 Live
Football League. The first
League One play-off semi-
final first leg (Kick-off
7.45pm). 10.00 Live Friday
Fight Night. David Barnes v
Barry Morrison. 12.00
Football League 1.30 Premier
League Preview 2.00 Friday
Fight Night 4.00 Premier
League Preview 4.30 Football
League

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00 WWE:
Raw 9.00 Sports Adventure
9.30 The Rugby Club 11.00
The Dogs 11.30 IAAF Athletic
Weekly 12.00 Transworld
Sport 1.00 NFL: Total Access
2.00 Sports Adventure 2.30
Live Cricket. Glamorgan
Dragons v Gloucestershire
Gladiators. 10.00 Premier
League Preview 10.30 NFL:
Total Access 11.30 Premier
League Preview 12.00 Golf
Night 2.00 Tight Lines 3.00
NFL: Total Access 4.00 Rugby
Union

Sky Sports 3

11.30 Racing News 12.00

Race World 1.00 European
Tour Golf 3.00 IAAF Athletic
Weekly 3.30 Premier League
World 4.00 WWE: Raw 6.00
Live Rugby Union. The Bulls
v The Brumbies (Kick-off
6.10pm). 8.00 Golf Night
10.00 WWE: Late Night -
Smackdown 12.00 WWE:
Late Night - Bottom Line 1.00
Masters Tennis 3.00 World
Sport 3.30 Golf Night 5.30
Sports Adventure

British Eurosport

7.30 Yoz Magazine 8.00
UEFA Under-17s
Championship 9.00 WTA
Tennis 11.00 Live WTA
Tennis. The German Open
quarter-finals. 5.00
Ligue 1. 5.30 Live
Rallying. The Rally de
Portugal. 6.00 UEFA
Champions League
Classics 7.00 UEFA
Champions League
Classics 8.00 Strongest
Man 9.00 Poker 10.00 World
Superbikes 11.30 Yoz
Magazine 12.00 Eurogoals
12.30 Close

Sky Sports Xtra

11.30 ATP Tennis 12.00
Live Masters Tennis. The
Rome Masters quarter-
finals. 6.00 Sports
Adventure 6.30 World Sport
7.00 Tight Lines 8.00 Live
Masters Tennis. The Rome
Masters quarter-finals.
10.00 Tight Lines 11.30
Sports Adventure 11.30
World Sport 12.00 Rugby
Union 2.00 Sports Adventure
2.30 Karate 3.30 Sports
Adventure 4.00 Tight Lines
5.00 Ten Pin Bowling

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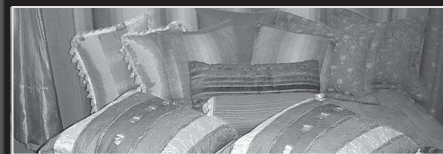
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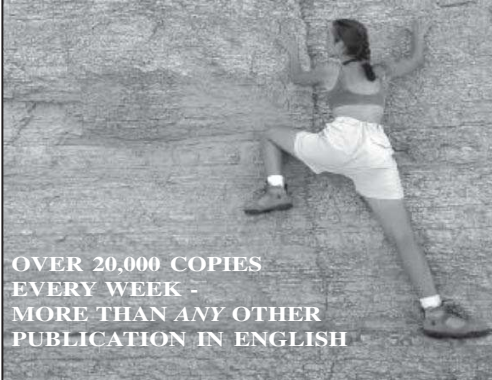
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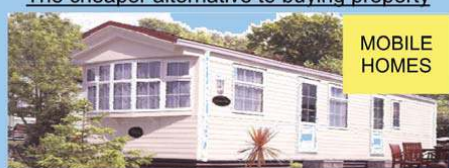
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RESGATE DE VIDA, LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP Raising up a New Generation According to, EPH4 v11-12 Prophetic Worship, and a Holy Spirit Inspired Word. We invite you to come and drink of the New Wine. English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9.30 pm At Rua, Hospital S. Joao De Dues. 300mt North of the traffic lights at the Intermarche Supermarket on the left next to the video shop. English tel. Michael & Yoka 282 782 845 Portugues tel Ana 934 241 766 email finlan@sapo.pt

ROMAN CATHOLIC ST. ANDREWS, PENINA

R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further

information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembreiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES in OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by

email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggo.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH—Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoport.com

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.



Favorite Things

The musical, *Sound of Music*, was enjoyed by many as it played recently here in Lisbon. One of my favorite songs that Maria sings is "My Favorite Things." Maria says that whenever things are going wrong, when the dog bites or the bee stings, or just when she is feeling a bit sad, she stops to remember her favorite things and is instantly encouraged.

Raindrops on roses and whiskers on kittens
Bright copper kettles and warm woolen mittens
Brown paper packages tied up with strings
These are a few of my favorite things

Cream colored ponies and crisp apple strudels
Doorbells and sleigh bells and schnitzel with noodles
Wild geese that fly with the moon on their wings
These are a few of my favorite things

Girls in white dresses with blue satin sashes
Snowflakes that stay on my nose and eyelashes
Silver white winters that melt into springs
These are a few of my favorite things

A friend recently confided in me that, as a little girl, whenever she became afraid at night, her

mom and dad would tell her to think about Disney World. It always worked, just as her parents knew it would. It's not bad advice even for us as adults. When we are down or blue, thinking about the good things life has to offer, or the amazing things God has done for us, cheers our hearts. Paul encourages this kind of positive focus in Philippians 4:8.

"And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."

While you are in the process of thinking about your favorite things and focusing on things that are true, honorable and right... etc., remember that YOU are one of God's favorite "things." Scripture tells us that God delights in us. We are His creation (Psalm 149:4). Among God's favorite things are obedience (I Samuel 15:22), and people who put their hope in Him (Psalm 147:11). Isn't it encouraging knowing that One so high above us is delighted in you and me?

More information about how to have a relationship with God can be found at www.rbc.org/personal-relationship_with_god.page

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Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

WRVSLISBON ANNUAL CAR BOOT SALE

Saturday 17th May 11am to 3pm Carcavelos Clothes Market Shop or Sell* Bric a Brac and Miscellaneous Items The WRVS will be selling delicious home-made snacks and drinks *pitch price 12€ all proceeds going to a children's charity If you have something to sell and want a pitch please call Sandra Woollet on 214 863 893.

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Charities

THE ANIMAL charity shop in Montefehoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail Happy hounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

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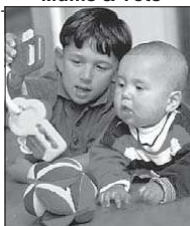
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Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Almancil 1.00pm; Portimão 7.30pm.
Sat.: Almancil 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478, GSO Lisbon AA Tel.: 217 162 969.

ALCOHOLICS ANONYMOUS English speaking meetings 7pm Sun., St Paul's Church, Av. dos Bombeiros Voluntários, Estoril. Mobile: 965 059 949.

ALCOHOLICS ANONYMOUS New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. Largo Tavira de Pernambuco, Fracção B - Caveas, Bloco 5, 8800 Tavira. Mobile 916 013 265.

PERA MEETING has changed venue. It is now held at 7.30 at the Igreja de São Francisco, Largo de São Francisco (Nr the Italian Rest.) in Pêra. Please use the side entrance. We look forward to seeing you there. Queries call 919 005 590.

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Or if you are a private
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the heading "Beauty" it's
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but only one free ad per
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- ☐ Per word €0.50 €
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- ☐ Photo 4cm wide €10 extra €
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x N° of Editions

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Search teams outside the McCanns apartment at Ocean Club on the morning of Friday May 4th 2007. (Photo: The Portugal News)

Poll: Police are competent, but McCanns are innocent



In a telephone survey conducted by **The Portugal News** this week, British expatriate readers were contacted to establish their opinions on the Madeleine McCann case.

In the first of three questions posed to readers, Portuguese police received the thumbs up by readers when they were asked: "Do you believe the Portuguese police, under the circumstances, handled investigations well into the disappearance of Madeleine McCann?"

A total of 67.33 percent responded positively, with a third saying Portuguese police could have done better.

Significantly, the majority of readers believed Kate and Gerry McCann did not have a hand in their daughter's disappearance, with 53.47 percent standing behind the parents.

The most one-sided response came in the final question, "Do you think the British media has been fair to the Portuguese police in its reporting of the case?", where 77.78 percent answered "No".

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Madeleine McCann remembrance service



On May 3rd a remembrance service will be held in Praia da Luz's Nossa Senhora Da Luz Church to mark one year to the day since toddler Madeleine McCann went missing from the Ocean Club Resort.

The service to remember Madeleine McCann - one year later, has been named 'A Service of Hope, 365 Days Too Long, Madeleine McCann, We Want You Home'.

It will be held by Senior Chap-

lain Fr. Haynes Q. Hubbard SSC of the St. Vincent's Anglican Chaplaincy, in Portuguese and English, and starts at 18h30.

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